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GREEK ORTHODOX METROPOLIS
OF TORONTO (CANADA)

PRAYER BOOK
ΠΡΟΣΕΥΧΗΤΑΡΙ

ΕΥΛΟΓΙΑ
ΜΗΤΡΟΠΟΛΙΤΗ ΣΩΤΗΡΙΟΥ

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ΠΕΡΙΕΧΟΜΕΝΑ

INDEX

Ἀγαπητοί ἐν Κυρίῳ,

Ἡ προσευχή εἶναι ἡ ἀναπνοή τῆς ψυχῆς. Χωρίς ἀναπνοή καί ὀξυγόνο, τίποτε δέν μπορεῖ νά ζήσει. Ἡ ψυχή χωρίς προσευχή βρίσκεται σέ πνευματικό θάνατο.

Ἡ προσευχή εἶναι συζήτηση μέ τόν ἴδιο τόν Θεό. Νά στέκεσαι ἤ νά γονατίζεις μπροστά στό προσευχητάρι τοῦ σπιτιοῦ σου ἤ στόν Οἶκο τοῦ Κυρίου, συντροφιά μέ τόν ἴδιο τόν Θεό! Ὅπως ὁ Ἀδάμ καί ἡ Εὕα στόν κῆπο τῆς Ἐδέμ, πρό τῆς παρακοῆς νά αἰσθάνεσαι τό χάϊδεμα τοῦ Θεοῦ! Νά χαίρεσαι τό χαμόγελό Του. Νά μοιράζεσαι τήν εὐτυχία Του καί τήν δόξα Του. Αὐτό εἶναι ἡ προσευχή. Ὑπάρχει τίποτε καλύτερο, ἀνώτερο, τιμιώτερο, εὐτυχέστερο ἀπ᾽ αὐτό; Γι᾽ αὐτό ὁ Ἀπόστολος Παῦλος μᾶς λέει «ἀδιαλείπτως προσεύχεσθε».

Προσφέροντάς σας αὐτό τό μικρό προσευχητάρι, μαζί μέ τόν Ἀπόστολο Παῦλο, σᾶς παρακαλῶ, ἀγαπημένοι μου Χριστιανοί, προσεύχεσθε. Καθημερινά προσεύχεσθε. Χρησιμοποιῆστε τό προσευχητάρι αὐτό πού ἔχει παραδοσιακές προσευχές καί θά δεῖτε πόσο θά ὠφεληθεῖτε πνευματικά.

Παρακαλῶ τόν Τρισάγιο Θεό νά σᾶς εὐλογεῖ καί νά σᾶς ἁγιάζει. Τήν Παναγία μας νά σᾶς προστατεύει. Ὅλους τούς Ἁγίους, καί ἰδιαίτερα τόν Προστάτη σας Ἅγιο, νά σᾶς συντροφεύουν. Τόν φύλακα Ἄγγελό σας νά σᾶς φυλάσσει. Νά αὐξάνεσθε πνευματικά καθημερινά καί νά ζεῖτε στήν ἀγκαλιά τοῦ Θεοῦ μας.

Μέ πατρική ἀγάπη καί θερμές εὐχές

Ο ΜΗΤΡΟΠΟΛΙΤΗΣ
Ο ΤΟΡΟΝΤΟ ΣΩΤΗΡΙΟΣ

Beloved in the Lord,

Prayer is the breath of the soul. Without breathing and oxygen, nothing can live. The soul without prayer is in a state of spiritual death.

Prayer is conversation and dialogue with God Himself. This happens whenever you stand or kneel before your home Prayer corner, where your icons and vigil light are set up, or in the House of the Lord, in the company of God Himself. Like Adam and Eve in the Garden of Eden before the fall, you will feel the carress of God whenever you pray. You will rejoice in His smile, and share in His happiness and glory. This is true prayer. Can there be anything better, more exalted, more honourable, and more pleasing than this? This is why St. Paul advises us to "pray without ceasing."

Offering you this small Prayer Book, together with St. Paul, I ask all of you, my beloved Christians, to pray. Make it a daily spiritual exercise. Use this Prayer Book, which contains the traditional prayers of our Holy Church, and you will see how much you will benefit and be spiritually enriched.

May our Thrice-Holy God bless you and sanctify you. May our Most Holy Lady, the Blessed Theotokos and Ever-Virgin Mary shelter you and protect you. May all the Holy Saints, expecially your patron Saint, intercede for you, and accompany you in prayer. May you also be protected by your Guardian Angel. As you cultivate your prayer life, may you continue to grow spiritually each day, and abide in the embrace of our loving God

With fatherly love and blessings

METROPOLITAN

ARCHBISHOP SOTIRIOS

Α΄
ΣΥΝΤΟΜΕΣ ΠΡΟΣΕΥΧΕΣ

ΠΡΩΙΝΗ ΠΡΟΣΕΥΧΗ

Εἰς τό ὄνομα τοῦ Πατρός καί τοῦ Υἱοῦ καί τοῦ Ἁγίου Πνεύματος. Ἀμήν.

Δόξα Σοι, ὁ Θεός ἡμῶν, δόξα Σοι.

Βασιλεῦ Οὐράνιε, Παράκλητε, τό Πνεῦμα τῆς ἀληθείας, ὁ πανταχοῦ παρών καὶ τὰ πάντα πληρῶν, ὁ θησαυρός τῶν ἀγαθῶν καὶ ζωῆς χορηγός, ἐλθὲ καὶ σκήνωσον ἐν ἡμῖν καὶ καθάρισον ἡμᾶς ἀπὸ πάσης κηλῖδος καὶ σῶσον, Ἀγαθέ, τὰς ψυχὰς ἡμῶν.

Ἀμήν. Ἅγιος ὁ Θεός, Ἅγιος Ἰσχυρός, Ἅγιος Ἀθάνατος, ἐλέησον ἡμᾶς (τρεῖς φορές).

Δόξα Πατρί καί Υἱῷ καί Ἁγίῳ Πνεύματι, καί νῦν καί ἀεί, καί εἰς τούς αἰῶνας τῶν αἰώνων. Ἀμήν.

Παναγία Τριάς, ἐλέησον ἡμᾶς. Κύριε, ἱλάσθητι ταῖς ἁμαρτίαις ἡμῶν. Δέσποτα, συγχώρησον τὰς ἀνομίας ἡμῖν. Ἅγιε, ἐπίσκεψαι καὶ ἴασαι τὰς ἀσθενείας ἡμῶν, ἕνεκεν τοῦ ὀνόματός σου. Κύριε, ἐλέησον. Κύριε, ἐλέησον. Κύριε, ἐλέησον.

A΄
SHORT PRAYERS
MORNING PRAYER

In the name of the Father, and of the Son and of the Holy Spirit. Amen.

Glory to You, our God, glory to You.

Heavenly King, Comforter, the Spirit of Truth, who dwell in all places and fill all things, treasury of good things and giver of life, come and abide in us and cleanse us of every impurity, and save our souls, O Good One.

Amen. Holy God, Holy Mighty, Holy Immortal, have mercy on us. (3 times)

Glory to the Father and the Son and the Holy Spirit, now and forever, and to the ages of ages. Amen.

All-holy Trinity, have mercy on us. Lord, cleanse us from our sins. Master, pardon our iniquities. Holy One, visit and heal our infirmities for your name's sake. Lord, have mercy. Lord, have mercy. Lord, have mercy.

Δόξα Πατρί καί Υἱῷ καί Ἁγίῳ Πνεύματι, καί νῦν καί ἀεί, καί εἰς τούς αἰῶνας τῶν αἰώνων. Ἀμήν.

Πάτερ ἡμῶν ὁ ἐν τοῖς οὐρανοῖς, ἁγιασθήτω τὸ ὄνομά σου. Ἐλθέτω ἡ βασιλεία σου. Γενηθήτω τὸ θέλημά σου, ὡς ἐν οὐρανῷ, καὶ ἐπὶ τῆς γῆς. Τὸν ἄρτον ἡμῶν τόν ἐπιούσιον δὸς ἡμῖν σήμερον. Καὶ ἄφες ἡμῖν τὰ ὀφειλήματα ἡμῶν, ὡς καὶ ἡμεῖς ἀφίεμεν τοῖς ὀφειλέταις ἡμῶν. Καὶ μὴ εἰσενέγκῃς ἡμᾶς εἰς πειρασμόν, ἀλλὰ ῥῦσαι ἡμᾶς ἀπὸ τοῦ πονηροῦ.

Ὅτι σοῦ ἐστιν ἡ βασιλεία καί ἡ δύναμις καί ἡ δόξα τοῦ Πατρός, καί τοῦ Υἱοῦ, καί τοῦ Ἁγίου Πνεύματος, νῦν καί ἀεί, καί εἰς τούς αἰῶνας τῶν αἰώνων. Ἀμήν.

Κύριε, ἐλέησον (12 φορές).

Ἐκ τοῦ ὕπνου ἐξανιστάμενος, εὐχαριστῶ Σοι, Ἁγία Τριάς· ὅτι διά τήν πολλήν Σου ἀγαθότητα, καί μακροθυμίαν, οὐκ ὠργίσθης ἐμοί τῷ ραθύμῳ καί ἁμαρτωλῷ, οὐδέ συναπώλεσάς με ταῖς ἀνομίαις μου, ἀλλ᾽ ἐφιλανθρωπεύσω συνήθως καί πρός ἀπόγνωσιν κείμενον ἤγειράς με, εἰς τό ὀρθρίσαι καί δοξολογῆσαι τό κράτος Σου. Καί νῦν φώτισόν μου τά ὄμματα τῆς διανοίας, ἄνοιξόν μου τό στόμα, τοῦ μελετᾶν τά λόγιά Σου, καί συνιέναι τάς ἐντολάς Σου, καί ποιεῖν τό θέλημά Σου, καί ψάλλειν Σοι ἐν ἐξομολογήσει καρδίας, καί ἀνυμνεῖν τό πανάγιον ὄνομά Σου, τοῦ Πατρός καί τοῦ Υἱοῦ καί τοῦ Ἁγίου Πνεύματος, νῦν καί ἀεί, καί εἰς τούς αἰῶνας τῶν αἰώνων. Ἀμήν.

Glory to the Father, and to the Son, and to the Holy Spirit, now and forever, and to the ages of ages. Amen.

Our Father who art in heaven, hallowed be Thy Name, Thy kingdom come, Thy will be done on earth as it is in heaven. Give us this day our daily bread, and forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from the evil one.

For Yours is the kingdom and the power and the glory, of the Father and the Son and the Holy Spirit, now and forever and to the ages of ages. Amen.

Lord, have mercy (x12)

As I rise from sleep I thank You, O Holy Trinity, for through Your great goodness and patience You were not angered with me, an idler and sinner, nor have You destroyed me in my sins, but have shown Your usual love for humanity, and when I was prostrate in despair, You have raised me to keep the morning watch and glorify Your power. And now enlighten my mind's eyes and open my mouth to study Your words and understand Your commandments and do Your will and sing to You in heartfelt adoration and praise Your Most Holy Name of Father, Son and Holy Spirit, now and forever, and to the ages of ages. Amen.

ϹΥΜΒΟΛΟΝ ΤΗϹ ΠΙϹΤΕΩϹ

Πιστεύω εἰς ἕνα Θεόν, Πατέρα, παντοκράτορα, ποιητὴν οὐρανοῦ καὶ γῆς, ὁρατῶν τε πάντων καὶ ἀοράτων.

Καὶ εἰς ἕνα Κύριον Ἰησοῦν Χριστόν, τὸν Υἱόν τοῦ Θεοῦ τὸν μονογενῆ, τόν ἐκ τοῦ Πατρὸς γεννηθέντα πρὸ πάντων τῶν αἰώνων· φῶς ἐκ φωτός, Θεὸν ἀληθινὸν ἐκ Θεοῦ ἀληθινοῦ, γεννηθέντα, οὐ ποιηθέντα, ὁμοούσιον τῷ Πατρί, δι᾽ οὗ τὰ πάντα ἐγένετο.

Τόν δι᾽ ἡμᾶς τούς ἀνθρώπους καὶ διὰ τὴν ἡμετέραν σωτηρίαν κατελθόντα ἐκ τῶν οὐρανῶν καὶ σαρκωθέντα ἐκ Πνεύματος Ἁγίου καὶ Μαρίας τῆς Παρθένου καὶ ἐνανθρωπήσαντα.

Σταυρωθέντα τε ὑπὲρ ἡμῶν ἐπὶ Ποντίου Πιλάτου, καὶ παθόντα, καὶ ταφέντα.

Καὶ ἀναστάντα τῇ τρίτῃ ἡμέρᾳ κατὰ τὰς Γραφάς.

Καὶ ἀνελθόντα εἰς τούς Οὐρανοὺς καὶ καθεζόμενον ἐκ δεξιῶν τοῦ Πατρός.

Καὶ πάλιν ἐρχόμενον μετὰ δόξης κρῖναι ζῶντας καὶ νεκρούς, οὗ τῆς βασιλείας οὐκ ἔσται τέλος.

Καὶ εἰς τὸ Πνεῦμα τὸ Ἅγιον, τὸ Κύριον, τὸ Ζωοποιόν, τό ἐκ τοῦ Πατρὸς ἐκπορευόμενον, τὸ σὺν Πατρὶ καὶ Υἱῷ συμπροσκυνούμενον καὶ συνδοξαζόμενον, τὸ λαλῆσαν διά τῶν Προφητῶν.

Εἰς Μίαν, Ἁγίαν, Καθολικὴν καὶ Ἀποστολικὴν Ἐκκλησίαν.

Ὁμολογῶ ἕν Βάπτισμα εἰς ἄφεσιν ἁμαρτιῶν.

Προσδοκῶ ἀνάστασιν νεκρῶν.

Καὶ ζωήν τοῦ μέλλοντος αἰῶνος. Ἀμήν.

THE CREED

I believe in one God, Father Almighty, creator of heaven and earth and of all things visible and invisible.

And in one Lord Jesus Christ, the only-begotten Son of God, begotten from the Father before all ages. Light from Light, true God from true God, begotten not created, of one essence with the Father; through Whom all things were made.

For us and for our salvation He came down from heaven, and was incarnate by the Holy Spirit and the Virgin Mary and became man.

He was crucified for us under Pontius Pilate, and suffered and was buried.

On the third day, He rose according to the Scriptures.

He ascended into heaven and is seated at the right hand of the Father.

He will come again in glory to judge the living and the dead; and His kingdom will have no end.

And in the Holy Spirit, the Lord, the Giver of life, who proceeds from the Father, who together with the Father and the Son is worshipped and glorified; who spoke through the Prophets.

In one, Holy, Catholic and Apostolic Church.

I acknowledge one Baptism for the forgiveness of sins.

I expect the resurrection of the dead.

And the life of the age to come. Amen.

ΔΟΞΟΛΟΓΙΑ

Δόξα ἐν ὑψίστοις Θεῷ, καὶ ἐπὶ γῆς εἰρήνη, ἐν ἀνθρώποις εὐδοκία.

Ὑμνοῦμέν σε, εὐλογοῦμέν σε, προσκυνοῦμέν σε, δοξολογοῦμέν σε, εὐχαριστοῦμέν σοι, διὰ τὴν μεγάλην Σου δόξαν.

Κύριε Βασιλεῦ, ἐπουράνιε Θεέ, Πάτερ παντοκράτορ· Κύριε Υἱὲ μονογενές, Ἰησοῦ Χριστέ, καὶ Ἅγιον Πνεῦμα.

Κύριε ὁ Θεός, ὁ ἀμνὸς τοῦ Θεοῦ, ὁ Υἱός τοῦ Πατρός, ὁ αἴρων τὴν ἁμαρτίαν τοῦ κόσμου, ἐλέησον ἡμᾶς, ὁ αἴρων τὰς ἁμαρτίας τοῦ κόσμου.

Πρόσδεξαι τὴν δέησιν ἡμῶν, ὁ καθήμενος ἐν δεξιᾷ τοῦ Πατρός, καὶ ἐλέησον ἡμᾶς.

Ὅτι Σὺ εἶ μόνος Ἅγιος, Σὺ εἶ μόνος Κύριος, Ἰησοῦς Χριστός, εἰς δόξαν Θεοῦ Πατρός. Ἀμήν.

Καθ' ἑκάστην ἡμέραν εὐλογήσω σε, καὶ αἰνέσω τὸ ὄνομά Σου εἰς τὸν αἰῶνα καὶ εἰς τὸν αἰῶνα τοῦ αἰῶνος.

Κύριε, καταφυγὴ ἐγενήθης ἡμῖν ἐν γενεᾷ καὶ γενεᾷ. Ἐγὼ εἶπα. Κύριε, ἐλέησόν με, ἴασαι τὴν ψυχήν μου, ὅτι ἥμαρτόν σοι.

Κύριε, πρὸς σὲ κατέφυγον, δίδαξόν με τοῦ ποιεῖν τὸ θέλημά σου, ὅτι σὺ εἶ ὁ Θεός μου.

DOXOLOGY

Glory to God in the highest, and on earth peace, goodwill among men.

We praise you, we bless you, we worship you, we glorify you, we thank you for your great glory.

O Lord, heavenly King, God the Almighty Father. O Lord, only-begotten Son, Jesus Christ and the Holy Spirit.

Lord God, lamb of God, Son of the Father, who takes away the sin of the world, have mercy on us, who takes away the sins of the world.

Receive our prayer, you who sit on the right hand of the Father and have mercy upon us.

For you alone are holy, you alone are Lord, Jesus Christ, to the glory of God the Father. Amen.

Every day I will bless you, and praise your name forever and ever.

Lord, you are a refuge for me from generation to generation. I said, Lord, have mercy upon me; heal my soul, for I have sinned against you.

Lord, I have run to you for refuge; teach me to do your will for you are my God.

Ὅτι παρὰ σοὶ πηγὴ ζωῆς· ἐν τῷ φωτί σου ὀψόμεθα φῶς.

Παράτεινον τὸ ἔλεός σου τοῖς γινώσκουσί σε.

Καταξίωσον, Κύριε, ἐν τῇ ἡμέρᾳ ταύτῃ ἀναμαρτήτους φυλαχθῆναι ἡμᾶς.

Εὐλογητὸς εἶ, Κύριε, ὁ Θεὸς τῶν Πατέρων ἡμῶν, καὶ αἰνετὸν καὶ δεδοξασμένον τὸ ὄνομά σου εἰς τοὺς αἰῶνας. Ἀμήν.

Γένοιτο, Κύριε, τὸ ἔλεός σου ἐφ' ἡμᾶς, καθάπερ ἠλπίσαμεν ἐπὶ σέ.

Εὐλογητὸς εἶ, Κύριε, δίδαξόν με τὰ δικαιώματά σου.

Εὐλογητὸς εἶ, Δέσποτα, συνέτισόν με τὰ δικαιώματά σου.

Εὐλογητὸς εἶ, Ἅγιε, φώτισόν με τοῖς δικαιώμασί σου.

Κύριε, τὸ ἔλεός σου εἰς τὸν αἰῶνα, τὰ ἔργα τῶν χειρῶν σου μὴ παρίδῃς.

Σοὶ πρέπει αἶνος, σοὶ πρέπει ὕμνος, σοὶ δόξα πρέπει, τῷ Πατρὶ καὶ τῷ Υἱῷ, καὶ τῷ Ἁγίῳ Πνεύματι, νῦν καὶ ἀεί, καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων. Ἀμήν.

Ἄξιόν ἐστιν ὡς ἀληθῶς μακαρίζειν σε τὴν Θεοτόκον, τὴν ἀειμακάριστον καὶ παναμώμητον καὶ μητέρα τοῦ Θεοῦ ἡμῶν. Τὴν τιμιωτέραν τῶν Χερουβεὶμ, καὶ ἐνδοξοτέραν ἀσυγκρίτως τῶν Σεραφείμ, τὴν ἀδιαφθόρως,

For with you is the source of life, and in your light we shall see light.

Continue your merciful kindness toward those who know you.

Grant, Lord, this day to keep us without sin.

Blessed are you, Lord, the God of our fathers, and praised and glorified is your name unto to the ages. Amen.

May your mercy, Lord, be upon us, as we have hoped in you.

Blessed are you, Lord, teach me your statutes.

Blessed are you, Master, make me understand your statutes.

Blessed are you, Holy One, enlighten me with your statutes.

Lord, your mercy is forever; do not scorn the work of your hands.

To you praise is due, to you song is due, to you glory is due, to the Father, and to the Son, and to the Holy Spirit, now and forever, and to the ages of ages. Amen.

It is truly right to bless you, Theotokos, ever blessed, most pure, and Mother of our God. Higher in honor than the Cherubim, and beyond compare more glorious than the Seraphim, who without corruption gave birth to God the Logos. Most truly

Θεὸν Λόγον τεκοῦσαν, τήν ὄντως Θεοτόκον, σὲ μεγαλύνομεν.

Χριστέ, τὸ φῶς τὸ ἀληθινόν, τὸ φωτίζον καὶ ἁγιάζον πάντα ἄνθρωπον ἐρχόμενον εἰς τὸν κόσμον, σημειωθήτω ἐφ' ἡμᾶς τὸ φῶς τοῦ προσώπου σου, ἵνα ἐν αὐτῷ ὀψόμεθα φῶς τὸ ἀπρόσιτον· καὶ κατεύθυνον τὰ διαβήματα ἡμῶν πρὸς ἐργασίαν τῶν ἐντολῶν σου· πρεσβείαις τῆς παναχράντου σου Μητρός, καὶ πάντων σου τῶν ἁγίων. Ἀμήν.

Δι' εὐχῶν τῶν Ἁγίων Πατέρων ἡμῶν, Κύριε Ἰησοῦ Χριστέ ὁ Θεός ἡμῶν, ἐλέησον καί σῶσον ἡμᾶς. Ἀμήν.



Theotokos, you do we magnify.

O Christ, the true light, who enlightens and sanctifies everyone who comes into the world, may the light of Your countenance be signed upon us, that in it we may see Your unapproachable light; and direct our steps to the doing of your commandments; at the intercessions of your all-most pure Mother and of all your Saints. Amen.

Through the prayers of our Holy Fathers, Lord Jesus Christ our God, be merciful to us and save us. Amen.



ΠΡΟΣΕΥΧΗ ΠΡΟ ΤΟΥ ΦΑΓΗΤΟΥ

Πάτερ ἡμῶν ὁ ἐν τοῖς οὐρανοῖς, ἁγιασθήτω τὸ ὄνομά σου. Ἐλθέτω ἡ βασιλεία σου. Γενηθήτω τὸ θέλημά σου, ὡς ἐν οὐρανῷ, καὶ ἐπὶ τῆς γῆς. Τὸν ἄρτον ἡμῶν τόν ἐπιούσιον δὸς ἡμῖν σήμερον. καὶ ἄφες ἡμῖν τὰ ὀφειλήματα ἡμῶν, ὡς καὶ ἡμεῖς ἀφίεμεν τοῖς ὀφειλέταις ἡμῶν, καὶ μὴ εἰσενέγκῃς ἡμᾶς εἰς πειρασμόν, ἀλλὰ ῥῦσαι ἡμᾶς ἀπὸ τοῦ πονηροῦ.

Ὅτι σοῦ ἐστιν ἡ βασιλεία καί ἡ δύναμις καί ἡ δόξα τοῦ Πατρός, καί τοῦ Υἱοῦ, καί τοῦ Ἁγίου Πνεύματος, νῦν καί ἀεί, καί εἰς τούς αἰῶνας τῶν αἰώνων. Ἀμήν.

Δόξα Πατρί καί Υἱῷ καί Ἁγίῳ Πνεύματι, καί νῦν καί ἀεί, καί εἰς τούς αἰῶνας τῶν αἰώνων. Ἀμήν.

Κύριε, ἐλέησον. Κύριε, ἐλέησον. Κύριε, ἐλέησον. Δέσποτα Ἅγιε, εὐλόγησον.

Χριστέ ὁ Θεός, εὐλόγησον τήν βρῶσιν καί τήν πόσιν τῶν δούλων Σου, ὅτι Ἅγιος εἶ, πάντοτε· νῦν καί ἀεί, καί εἰς τούς αἰῶνας τῶν αἰώνων. Ἀμήν.

ΠΡΟΣΕΥΧΗ-ΕΥΧΑΡΙΣΤΙΑ ΜΕΤΑ ΤΟ ΦΑΓΗΤΟ

Εὐχαριστοῦμέν Σοι, Χριστέ ὁ Θεός ἡμῶν, ὅτι ἐνέπλησας ἡμᾶς τῶν ἐπιγείων Σου ἀγαθῶν· μή στερήσῃς ἡμᾶς καί τῆς ἐπουρανίου Σου

PRAYER BEFORE MEALTIME

Our Father, who art in heaven, hallowed be Thy Name. Thy kingdom come, Thy will be done, on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from the evil one.

For Yours is the kingdom and the power and the glory, of the Father and the Son and the Holy Spirit, now and forever and to the ages of ages. Amen.

Glory to the Father and the Son and the Holy Spirit, now and forever and to the ages of ages. Amen.

Lord, have mercy. Lord, have mercy. Lord, have mercy. Master, give the blessing.

Christ our God, bless the food and drink of your servants, for you are Holy always, now and forever and to the ages of ages. Amen.

PRAYER- THANKSGIVING AFTER LUNCH

We thank you, Christ our God, for you have satisfied us with earthly gifts. Do not deprive us of your heavenly kingdom, but as you, O Savior,

Βασιλείας· ἀλλ’ ὡς ἐν μέσῳ τῶν μαθητῶν Σου παρεγένου, Σωτήρ, τήν εἰρήνην διδούς αὐτοῖς, ἐλθέ καί μεθ’ ἡμῶν καί σῶσον ἡμᾶς.

Δόξα Πατρί καί Υἱῷ καί Ἁγίῳ Πνεύματι, καί νῦν καί ἀεί, καί εἰς τούς αἰῶνας τῶν αἰώνων. Ἀμήν. Κύριε, ἐλέησον. Κύριε, ἐλέησον. Κύριε, ἐλέησον. Δέσποτα Ἅγιε, εὐλόγησον.

Χριστέ ὁ Θεός, εὐλόγησον τά περισσεύματα τῶν κλασμάτων τῆς τραπέζης ταύτης, καί πλήθυνον αὐτά ἐν τῷ οἴκῳ τούτῳ, ἐν τῇ Ἱερᾷ Μητροπόλει ἡμῶν καί ἐν τῷ κόσμῳ Σου ἅπαντι. Σύ γάρ εἶ ὁ Εὐλογῶν καί Ἁγιάζων τά σύμπαντα, καί Σοί τήν δόξαν ἀναπέμπομεν, σύν τῷ Ἀνάρχῳ Σου Πατρί καί τῷ Παναγίῳ καί Ἀγαθῷ καί Ζωοποιῷ Σου Πνεύματι, νῦν καί ἀεί, καί εἰς τούς αἰῶνας τῶν αἰώνων. Ἀμήν.

ΠΡΟΣΕΥΧΗ ΠΡΟ ΤΟΥ ΔΕΙΠΝΟΥ

Φάγονται πένητες καί ἐμπλησθήσονται, καί αἰνέσουσι Κύριον οἱ ἐκζητοῦντες Αὐτόν, ζήσονται αἱ καρδίαι αὐτῶν εἰς αἰῶνα αἰῶνος.

Δόξα Πατρί καί Υἱῷ καί Ἁγίῳ Πνεύματι, καί νῦν καί ἀεί, καί εἰς τούς αἰῶνας τῶν αἰώνων. Ἀμήν.

Κύριε, ἐλέησον. Κύριε, ἐλέησον. Κύριε, ἐλέησον. Δέσποτα Ἅγιε εὐλόγησον.

Χριστέ ὁ Θεός, εὐλόγησον τήν βρῶσιν καί τήν πόσιν τῶν δούλων Σου, ὅτι Ἅγιος εἶ, πάντοτε νῦν καί ἀεί καί εἰς τούς αἰῶνας τῶν αἰώνων. Ἀμήν.

came among your disciples and gave them peace, come among us also and save us.

Glory to the Father and the Son and the Holy Spirit, now and forever and to the ages of ages. Amen. Lord, have mercy. Lord, have mercy. Lord, have mercy. Master, give the blessing.

O Christ our God, bless the remainder of this food, and multiply it in this home, in our Holy Metropolis and in the entire world. For You are He who blesses and sanctifies the universe, and to You we give glory, together with your beginningless Father and Your All-Holy, Good and Life-giving Spirit, now and forever and to the ages of ages. Amen.

PRAYER BEFORE DINNER

The poor shall eat and be satisfied, and they who seek the Lord shall praise him; their hearts shall live to the ages of ages.

Glory to the Father and the Son and the Holy Spirit, now and forever and to the ages of ages. Amen.

Lord, have mercy. Lord, have mercy. Lord, have mercy. Master, give the blessing.

Christ our God, bless the food and drink of your servants, for you are holy always, now and forever and to the ages of ages. Amen.

ΠΡΟΣΕΥΧΗ-ΕΥΧΑΡΙΣΤΙΑ ΜΕΤΑ ΤΟ ΔΕΙΠΝΟ

Εὔφρανας ἡμᾶς, Κύριε, ἐν τοῖς ποιήμασί Σου, καί ἐν τοῖς ἔργοις τῶν χειρῶν Σου ἠγαλλιασάμεθα. Ἐσημειώθη ἐφ' ἡμᾶς τό φῶς τοῦ προσώπου Σου, Κύριε· ἔδωκας εὐφροσύνην εἰς τάς καρδίας ἡμῶν. Ἀπό καρποῦ, σίτου, οἴνου καί ἐλαίου αὐτῶν ἐνεπλήσθημεν. Ἐν εἰρήνῃ ἐπί τό αὐτό κοιμηθησόμεθα καί ὑπνώσομεν· ὅτι Σύ, Κύριε, κατά μόνας ἐπ' ἐλπίδι κατῴκησας ἡμᾶς.

Δόξα Πατρί καί Υἱῷ καί Ἁγίῳ Πνεύματι, καί νῦν καί ἀεί, καί εἰς τούς αἰῶνας τῶν αἰώνων. Ἀμήν.

Κύριε, ἐλέησον. Κύριε, ἐλέησον. Κύριε, ἐλέησον. Δέσποτα Ἅγιε εὐλόγησον.

Χριστέ ὁ Θεός, εὐλόγησον τά περισσεύματα τῶν κλασμάτων τῆς τραπέζης ταύτης, καί πλήθυνον αὐτά ἐν τῷ οἴκῳ τούτῳ, ἐν τῇ Ἱερᾷ Μητροπόλει ἡμῶν καί ἐν τῷ κόσμῳ Σου ἅπαντι. Σύ γάρ εἶ ὁ Εὐλογῶν καί Ἁγιάζων τά σύμπαντα, καί Σοί τήν δόξαν ἀναπέμπομεν, σύν τῷ Ἀνάρχῳ Σου Πατρί καί τῷ Παναγίῳ καί Ἀγαθῷ καί Ζωοποιῷ Σου Πνεύματι, νῦν καί ἀεί, καί εἰς τούς αἰῶνας τῶν αἰώνων. Ἀμήν.

Δι' εὐχῶν τῶν Ἁγίων Πατέρων ἡμῶν, Κύριε Ἰησοῦ Χριστέ ὁ Θεός ἡμῶν, ἐλέησον καί σῶσον ἡμᾶς. ἡμᾶς. Ἀμήν.

PRAYER-THANKSGIVING AFTER DINNER

Lord, you have gladdened our hearts in your creation, and we have rejoiced in the work of your hands. The light of your countenance has shined upon us, Lord. You have gladdened our hearts. We have been satisfied with the good things of the earth. We shall sleep in peace and repose in you, for you alone, Lord, have sustained us in hope.

Glory to the Father and the Son and the Holy Spirit, now and forever and to the ages of ages. Amen.

Lord, have mercy. Lord, have mercy. Lord, have mercy. Master, give the blessing.

O Christ our God, bless the remainder of this food, and multiply it in this home, in our Holy Metropolis and in the entire world. For You are He who blesses and sanctifies the universe, and to You we give glory, together with your beginningless Father and Your All-Holy, Good and Life-giving Spirit, now and forever and to the ages of ages. Amen.

Through the prayers of our Holy Fathers, Lord Jesus Christ our God, be merciful to us and save us. Amen.

ΒΡΑΔΙΝΗ ΠΡΟΣΕΥΧΗ

Εἰς τό ὄνομα τοῦ Πατρός καί τοῦ Υἱοῦ καί τοῦ Ἁγίου Πνεύματος. Ἀμήν.

Δόξα Σοι, ὁ Θεός ἡμῶν δόξα Σοι.

Βασιλεῦ Οὐράνιε, Παράκλητε, τό Πνεῦμα τῆς ἀληθείας, ὁ πανταχοῦ παρών καὶ τὰ πάντα πληρῶν, ὁ θησαυρός τῶν ἀγαθῶν καὶ ζωῆς χορηγός, ἐλθὲ καὶ σκήνωσον ἐν ἡμῖν καὶ καθάρισον ἡμᾶς ἀπὸ πάσης κηλῖδος καὶ σῶσον, Ἀγαθέ, τὰς ψυχὰς ἡμῶν.

Ἀμήν. Ἅγιος ὁ Θεός, Ἅγιος Ἰσχυρός, Ἅγιος Ἀθάνατος, ἐλέησον ἡμᾶς. (τρεῖς φορές)

Δόξα Πατρί καί Υἱῷ καί Ἁγίῳ Πνεύματι, καί νῦν καί ἀεί, καί εἰς τούς αἰῶνας τῶν αἰώνων. Ἀμήν.

Παναγία Τριάς, ἐλέησον ἡμᾶς. Κύριε, ἱλάσθητι ταῖς ἁμαρτίαις ἡμῶν. Δέσποτα, συγχώρησον τὰς ἀνομίας ἡμῖν. Ἅγιε, ἐπίσκεψαι καὶ ἴασαι τὰς ἀσθενείας ἡμῶν, ἕνεκεν τοῦ ὀνόματός σου. Κύριε, ἐλέησον. Κύριε, ἐλέησον. Κύριε, ἐλέησον.

Δόξα Πατρί καί Υἱῷ καί Ἁγίῳ Πνεύματι, καί νῦν καί ἀεί, καί εἰς τούς αἰῶνας τῶν αἰώνων. Ἀμήν.

EVENING PRAYER

In the Name of the Father, and of the Son, and of the Holy Spirit. Amen.

Glory to You, our God, glory to You.

Heavenly King, Comforter, the Spirit of Truth, who dwell in all places and fill all things, treasury of good things and giver of life, come and abide in us and cleanse us of every impurity, and save our souls, O Good One.

Amen. Holy God, Holy Mighty, Holy Immortal, have mercy on us. (3 times)

Glory to the Father and the Son and the Holy Spirit, now and forever, and to the ages of ages. Amen.

All-holy Trinity, have mercy on us. Lord, cleanse us from our sins. Master, pardon our iniquities. Holy One, visit and heal our infirmities for your name's sake. Lord, have mercy. Lord, have mercy. Lord, have mercy.

Glory to the Father, and to the Son, and to the Holy Spirit, now and forever, and to the ages of ages. Amen.

Πάτερ ἡμῶν ὁ ἐν τοῖς οὐρανοῖς, ἁγιασθήτω τὸ ὄνομά σου· ἐλθέτω ἡ βασιλεία σου· γενηθήτω τὸ θέλημά σου, ὡς ἐν οὐρανῷ, καὶ ἐπὶ τῆς γῆς. Τὸν ἄρτον ἡμῶν τόν ἐπιούσιον δὸς ἡμῖν σήμερον· καὶ ἄφες ἡμῖν τὰ ὀφειλήματα ἡμῶν, ὡς καὶ ἡμεῖς ἀφίεμεν τοῖς ὀφειλέταις ἡμῶν· καὶ μὴ εἰσενέγκῃς ἡμᾶς εἰς πειρασμόν, ἀλλὰ ῥῦσαι ἡμᾶς ἀπὸ τοῦ πονηροῦ.

Ὅτι σοῦ ἐστιν ἡ βασιλεία, καί ἡ δύναμις, καί ἡ δόξα, τοῦ Πατρός, καί τοῦ Υἱοῦ, καί τοῦ Ἁγίου Πνεύματος, νῦν καί ἀεί, καί εἰς τούς αἰῶνας τῶν αἰώνων. Ἀμήν.

Κύριε, ἐλέησον (12 φορές)

Δόξα Πατρί καί Υἱῷ καί Ἁγίῳ Πνεύματι, καί νῦν καί ἀεί, καί εἰς τούς αἰῶνας τῶν αἰώνων. Ἀμήν.

Δεῦτε προσκυνήσωμεν καί προσπέσωμεν τῷ Βασιλεῖ ἡμῶν Θεῷ.

Δεῦτε προσκυνήσωμεν καί προσπέσωμεν Χριστῷ τῷ Βασιλεῖ ἡμῶν Θεῷ.

Δεῦτε προσκυνήσωμεν καί προσπέσωμεν αὐτῷ Χριστῷ τῷ Βασιλεῖ καί Θεῷ ἡμῶν.

50ος Ψαλμός

Ἐλέησόν με ὁ Θεός κατά τό μέγα ἔλεός σου, καί κατά τό πλῆθος τῶν οἰκτιρμῶν σου ἐξάλειψον τό ἀνόμημά μου.

Ἐπὶ πλεῖον πλῦνόν με ἀπὸ τῆς ἀνομίας μου, καὶ ἀπὸ τῆς ἁμαρτίας μου καθάρισόν με.

Our Father who art in heaven, hallowed be Thy Name, Thy kingdom come, Thy will be done on earth as it is in heaven. Give us this day our daily bread, and forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from the evil one.

For Yours is the kingdom and the power and the glory, of the Father and the Son and the Holy Spirit, now and forever and to the ages of ages. Amen.

Lord, have mercy (12 times)

Glory to the Father, and the Son, and the Holy Spirit, now and forever and to the ages of ages. Amen.

Come, let us worship and fall down before the King, our God.

Come, let us worship and fall down before Christ the King, our God.

Come, let us worship and fall down before Christ Himself, the King and our God.

Psalm 50

Have mercy on me, O God, according to your great mercy, and according to the multitude of your compassions, blot out my offense.

Wash me thoroughly from my iniquity and cleanse me from my sin.

Ὅτι τὴν ἀνομίαν μου ἐγὼ γινώσκω, καὶ ἡ ἁμαρτία μου ἐνώπιόν μού ἐστι διὰ παντός.

Σοὶ μόνῳ ἥμαρτον, καὶ τὸ πονηρὸν ἐνώπιόν σου ἐποίησα, ὅπως ἂν δικαιωθῇς ἐν τοῖς λόγοις σου, καὶ νικήσῃς ἐν τῷ κρίνεσθαί σε.

Ἰδοὺ γὰρ ἐν ἀνομίαις συνελήφθην, καὶ ἐν ἁμαρτίαις ἐκίσσησέ με ἡ μήτηρ μου.

Ἰδοὺ γὰρ ἀλήθειαν ἠγάπησας· τὰ ἄδηλα καὶ τὰ κρύφια τῆς σοφίας σου ἐδήλωσάς μοι.

Ῥαντιεῖς με ὑσσώπῳ, καὶ καθαρισθήσομαι· πλυνεῖς με, καὶ ὑπὲρ χιόνα λευκανθήσομαι.

Ἀκουτιεῖς μοι ἀγαλλίασιν καὶ εὐφροσύνην· ἀγαλλιάσονται ὀστέα τεταπεινωμένα.

Ἀπόστρεψον τὸ πρόσωπόν σου ἀπὸ τῶν ἁμαρτιῶν μου, καὶ πάσας τὰς ἀνομίας μου ἐξάλειψον.

Καρδίαν καθαρὰν κτίσον ἐν ἐμοὶ ὁ Θεός, καὶ πνεῦμα εὐθὲς ἐγκαίνισον ἐν τοῖς ἐγκάτοις μου.

Μὴ ἀπορρίψῃς με ἀπὸ τοῦ προσώπου σου, καὶ τὸ Πνεῦμά σου τὸ Ἅγιον μὴ ἀντανέλῃς ἀπ' ἐμοῦ.

Ἀπόδος μοι τὴν ἀγαλλίασιν τοῦ σωτηρίου σου καὶ πνεύματι ἡγεμονικῷ στήριξόν με.

Διδάξω ἀνόμους τὰς ὁδούς σου, καὶ ἀσεβεῖς ἐπὶ σὲ ἐπιστρέψουσιν.

For I am aware of my iniquity, and my sin is continually before me.

Against you only have I sinned and done evil before you, that you might be justified in your words, and emerge victorious when you are judged.

For behold, I was conceived in iniquities, and in sins did my mother bear me.

For behold, you have loved the truth; you revealed to me the hidden and secret parts of your wisdom.

You shall sprinkle me with hyssop and I shall be cleansed; you shall wash me and I will be whiter than snow.

You shall make me hear joy and gladness; the afflicted bones shall rejoice.

Turn away your face from my sins, and blot out all my iniquities.

Create in me a clean heart, O God, and renew a right spirit within me.

Do not cast me away from your presence, and do not take away your Holy Spirit from me.

Restore to me the joy of your salvation, and strengthen me with a guiding spirit.

I will teach transgressors your ways, and the ungodly shall return to you.

Ρῦσαί με ἐξ αἱμάτων ὁ Θεὸς, ὁ Θεὸς τῆς σωτηρίας μου· ἀγαλλιάσεται ἡ γλῶσσά μου τὴν δικαιοσύνην σου.

Κύριε τὰ χείλη μου ἀνοίξεις, καὶ τὸ στόμα μου ἀναγγελεῖ τὴν αἴνεσίν σου.

Ὅτι, εἰ ἠθέλησας θυσίαν, ἔδωκα ἂν· ὁλοκαυτώματα οὐκ εὐδοκήσεις.

Θυσία τῷ Θεῷ πνεῦμα συντετριμμένον· καρδίαν συντετριμμένην καὶ τεταπεινωμένην ὁ Θεὸς οὐκ ἐξουδενώσει.

Ἀγάθυνον, Κύριε, ἐν τῇ εὐδοκίᾳ σου τὴν Σιὼν, καὶ οἰκοδομηθήτω τὰ τείχη Ἱερουσαλήμ.

Τότε εὐδοκήσεις θυσίαν δικαιοσύνης, ἀναφορὰν καὶ ὁλοκαυτώματα.

Τότε ἀνοίσουσιν ἐπὶ τὸ θυσιαστήριόν σου μόσχους.

ΔΟΞΟΛΟΓΙΑ

Δόξα ἐν ὑψίστοις Θεῷ καὶ ἐπὶ γῆς εἰρήνη ἐν ἀνθρώποις εὐδοκία.

Ὑμνοῦμέν σε, εὐλογοῦμέν σε, προσκυνοῦμέν σε, δοξολογοῦμέν σε, εὐχαριστοῦμέν σοι, διὰ τὴν μεγάλην σου δόξαν.

Κύριε, Βασιλεῦ, ἐπουράνιε Θεέ, Πάτερ παντοκράτορ· Κύριε Υἱὲ μονογενές, Ἰησοῦ Χριστέ, καὶ Ἅγιον Πνεῦμα.

Κύριε ὁ Θεός, ὁ ἀμνὸς τοῦ Θεοῦ, ὁ Υἱός τοῦ Πατρός, ὁ αἴρων τὴν ἁμαρτίαν τοῦ κόσμου,

Deliver me from bloodguiltiness, O God, the God of my salvation; and my tongue will joyfully sing your justice.

O Lord, you shall open my lips, and my mouth shall declare your praise.

For if you desired sacrifice, I would have offered it; you will not be pleased with whole-burnt offerings.

A sacrifice to God is a contrite spirit; a contrite and humbled heart God will not despise.

Do good, Lord, in your good pleasure to Zion, that the walls of Jerusalem may be built.

Then you will be pleased with a sacrifice of justice, offering and whole-burnt sacrifices.

Then shall they offer calves upon your altar.

DOXOLOGY

Glory to God in the highest, and on earth peace, goodwill among men.

We praise you, we bless you, we worship you, we glorify you, we thank you for your great glory.

O Lord, heavenly King, God the Almighty Father. O Lord, only-begotten Son, Jesus Christ and the Holy Spirit.

Lord God, lamb of God, Son of the Father, who takes away the sin of the world, have mercy

ἐλέησον ἡμᾶς, ὁ αἴρων τὰς ἁμαρτίας τοῦ κόσμου.

Πρόσδεξαι τὴν δέησιν ἡμῶν, ὁ καθήμενος ἐν δεξιᾷ τοῦ Πατρός, καὶ ἐλέησον ἡμᾶς.

Ὅτι σὺ εἶ μόνος Ἅγιος, σὺ εἶ μόνος Κύριος, Ἰησοῦς Χριστός, εἰς δόξαν Θεοῦ Πατρός. Ἀμήν.

Καθ' ἑκάστην ἑσπέραν εὐλογήσω σε, καὶ αἰνέσω τὸ ὄνομά σου εἰς τὸν αἰῶνα καὶ εἰς τὸν αἰῶνα τοῦ αἰῶνος.

Κύριε, καταφυγὴ ἐγενήθης ἡμῖν ἐν γενεᾷ καὶ γενεᾷ. Ἐγὼ εἶπα· Κύριε, ἐλέησόν με, ἴασαι τὴν ψυχήν μου, ὅτι ἥμαρτόν σοι.

Κύριε, πρὸς σὲ κατέφυγον· δίδαξόν με τοῦ ποιεῖν τὸ θέλημά σου, ὅτι σὺ εἶ ὁ Θεός μου.

Ὅτι παρὰ σοὶ πηγὴ ζωῆς· ἐν τῷ φωτί σου ὀψόμεθα φῶς.

Παράτεινον τὸ ἔλεός σου τοῖς γινώσκουσί σε.

Καταξίωσον, Κύριε, ἐν τῇ νυκτί ταύτῃ ἀναμαρτήτους φυλαχθῆναι ἡμᾶς.

Εὐλογητὸς εἶ, Κύριε, ὁ Θεὸς τῶν Πατέρων ἡμῶν, καὶ αἰνετὸν καὶ δεδοξασμένον τὸ ὄνομά σου εἰς τοὺς αἰῶνας. Ἀμήν.

Γένοιτο, Κύριε, τὸ ἔλεός σου ἐφ' ἡμᾶς, καθάπερ ἠλπίσαμεν ἐπὶ σέ.

Εὐλογητὸς εἶ, Κύριε· δίδαξόν με τὰ δικαιώματά σου.

upon us, You who takes away the sins of the world.

Receive our prayer, you who sit on the right hand of the Father and have mercy upon us.

For you alone are holy, you alone are Lord, Jesus Christ, to the glory of God the Father. Amen.

Every night I will bless you, and praise your name forever and ever.

Lord, you are refuge for me from generation to generation. I said, Lord, have mercy upon me; heal my soul, for I have sinned against you.

Lord, I have run to you for refuge; teach me to do your will for you are my God.

For with you is the source of life, and in your light we shall see light.

O continue your merciful kindness toward those who know you.

Grant, Lord, this night to keep us without sin.

Blessed are you, Lord, the God of our fathers, and praised and glorified is your name to the ages. Amen.

May your mercy, Lord, be upon us, as we have hoped in you.

Blessed are you, Lord, teach me your statutes.

Εὐλογητὸς εἶ, Δέσποτα· συνέτισόν με τὰ δικαιώματά σου.

Εὐλογητὸς εἶ, Ἅγιε· φώτισόν με τοῖς δικαιώμασί σου.

Κύριε, τὸ ἔλεός σου εἰς τὸν αἰῶνα, τὰ ἔργα τῶν χειρῶν σου μὴ παρίδῃς.

Σοὶ πρέπει αἶνος, σοὶ πρέπει ὕμνος, σοὶ δόξα πρέπει, τῷ Πατρὶ καὶ τῷ Υἱῷ, καὶ τῷ Ἁγίῳ Πνεύματι, νῦν, καὶ ἀεί, καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων. Ἀμήν.

ΣΥΜΒΟΛΟΝ ΤΗΣ ΠΙΣΤΕΩΣ

Πιστεύω εἰς ἕνα Θεόν, Πατέρα, Παντοκράτορα, ποιητὴν οὐρανοῦ καὶ γῆς, ὁρατῶν τε πάντων καὶ ἀοράτων.

Καὶ εἰς ἕνα Κύριον Ἰησοῦν Χριστόν, τὸν Υἱόν τοῦ Θεοῦ τὸν μονογενῆ, τόν ἐκ τοῦ Πατρὸς γεννηθέντα πρὸ πάντων τῶν αἰώνων· φῶς ἐκ φωτός, Θεὸν ἀληθινὸν ἐκ Θεοῦ ἀληθινοῦ γεννηθέντα, οὐ ποιηθέντα, ὁμοούσιον τῷ Πατρί, δι᾽ οὗ τὰ πάντα ἐγένετο.

Τόν δι᾽ ἡμᾶς τούς ἀνθρώπους καὶ διὰ τὴν ἡμετέραν σωτηρίαν κατελθόντα ἐκ τῶν οὐρανῶν καὶ σαρκωθέντα ἐκ Πνεύματος Ἁγίου καὶ Μαρίας τῆς Παρθένου καὶ ἐνανθρωπήσαντα.

Σταυρωθέντα τε ὑπὲρ ἡμῶν ἐπὶ Ποντίου Πιλάτου, καὶ παθόντα, καὶ ταφέντα.

Καὶ ἀναστάντα τῇ τρίτῃ ἡμέρᾳ κατὰ τὰς Γραφάς.

Καὶ ἀνελθόντα εἰς τούς Οὐρανοὺς καὶ καθεζόμενον ἐκ δεξιῶν τοῦ Πατρός.

Καὶ πάλιν ἐρχόμενον μετὰ δόξης κρῖναι ζῶντας καὶ νεκρούς, οὗ τῆς βασιλείας οὐκ ἔσται τέλος.

Καὶ εἰς τὸ Πνεῦμα τὸ Ἅγιον, τὸ Κύριον, τὸ

Blessed are you, Master, make me understand your statutes.

Blessed are you, Holy One, enlighten me with your statutes.

Lord, your mercy is for ever; do not scorn the work of your hands.

To you praise is due, to you song is due, to you glory is due, to the Father, and the Son, and the Holy Spirit, now and forever, and to the ages of ages. Amen.

THE CREED

I believe in one God, Father Almighty, creator of heaven and earth and of all things visible and invisible.

And in one Lord Jesus Christ, the only-begotten Son of God, begotten from the Father before all ages. Light from Light, true God from true God, begotten not created, of one essence with the Father; through Whom all things were made.

For us and for our salvation He came down from heaven, and was incarnate by the Holy Spirit and the Virgin Mary and became man.

He was crucified for us under Pontius Pilate, and suffered and was buried.

On the third He rose according to the Scriptures.

He ascended into heaven and is seated at the right hand of the Father.

He will come again in glory to judge the living and the dead; and his kingdom will have no end.

And in the Holy Spirit, the Lord, the Giver of life, who proceeds from the Father, who together with the Father and the Son is worshipped and glorified;

Ζωοποιόν, τό ἐκ τοῦ Πατρὸς ἐκπορευόμενον, τὸ σὺν Πατρὶ καὶ Υἱῷ συμπροσκυνούμενον καὶ συνδοξαζόμενον, τὸ λαλῆσαν διά τῶν Προφητῶν.

Εἰς Μίαν, Ἁγίαν, Καθολικὴν καὶ Ἀποστολικὴν Ἐκκλησίαν.

Ὁμολογῶ ἕν Βάπτισμα εἰς ἄφεσιν ἁμαρτιῶν.

Προσδοκῶ ἀνάστασιν νεκρῶν.

Καὶ ζωήν τοῦ μέλλοντος αἰῶνος. Ἀμήν.

Ἄξιόν ἐστιν ὡς ἀληθῶς, μακαρίζειν σὲ τὴν Θεοτόκον, τὴν ἀειμακάριστον καὶ παναμώμητον καὶ μητέρα τοῦ Θεοῦ ἡμῶν. Τὴν τιμιωτέραν τῶν Χερουβεὶμ καὶ ἐνδοξοτέραν ἀσυγκρίτως τῶν Σεραφείμ, τὴν ἀδιαφθόρως, Θεὸν Λόγον τεκοῦσαν, τήν ὄντως Θεοτόκον, σὲ μεγαλύνομεν.

Ἄσπιλε, ἀμόλυντε, ἄφθορε, ἄχραντε, ἁγνὴ Παρθένε, Θεόνυμφε Δέσποινα, ἡ Θεὸν Λόγον τοῖς ἀνθρώποις τῇ παραδόξῳ σου κυήσει ἑνώσασα καὶ τὴν ἀπωσθεῖσαν φύσιν τοῦ γένους ἡμῶν τοῖς οὐρανίοις συνάψασα· ἡ τῶν ἀπηλπισμένων μόνη ἐλπίς καί τῶν πολεμουμένων βοήθεια, ἡ ἑτοίμη ἀντίληψις τῶν εἰς σὲ προστρεχόντων, καὶ πάντων τῶν Χριστιανῶν τὸ καταφύγιον, μὴ βδελύξῃ με τὸν ἁμαρτωλόν, τὸν ἐναγῆ, τὸν αἰσχροῖς λογισμοῖς καὶ λόγοις καὶ πράξεσιν ὅλον ἐμαυτὸν ἀχρειώσαντα, καί τῇ τῶν ἡδονῶν τοῦ βίου, ῥαθυμίᾳ γνώμῃ, δοῦλον γενόμενον· ἀλλ᾽ ὡς τοῦ φιλανθρώπου Θεοῦ Μήτηρ, φιλανθρώπως σπλαγχνίθητι ἐπ᾽ ἐμοὶ τῷ ἁμαρτωλῷ καὶ ἀσώτῳ, καὶ δέξαι μου τήν ἐκ ῥυπαρῶν χειλέων προσφερομένην σοι δέησιν· καὶ τὸν σὸν Υἱόν, καὶ ἡμῶν Δεσπότην καὶ Κύριον, τῇ μητρικῇ σου παρρησίᾳ χρωμένη, δυσώπησον, ἵνα ἀνοίξῃ κἀμοὶ τὰ φιλάνθρωπα σπλάγχνα τῆς αὐτοῦ ἀγαθότητος· καί, παριδών μου τὰ ἀναρίθμητα πταίσματα, ἐπιστρέψῃ με πρὸς μετάνοιαν καί τῶν αὐτοῦ ἐντολῶν ἐργάτην δόκιμον ἀναδείξῃ

who spoke through the Prophets.

In one, Holy, Catholic and Apostolic Church.

I acknowledge one Baptism for the forgiveness of sins.

I expect the resurrection of the dead.

And the life of the age to come. Amen.

It is truly right to bless you, Theotokos, ever blessed, most pure, and mother of our God. Higher in honor than the Cherubim, and beyond compare more glorious than the Serapheim, who without corruption gave birth to God the Logos. Most truly Theotokos, you do we magnify.

Spotless, undefiled, incorrupt, immaculate, pure Virgin, Bride of God and Lady, who by your marvellous conceiving united God the Word with mankind and joined our rejected human nature to the heavenly realm; the only hope of the hopeless, help of the attacked, ready assistance of those who flee to you, and refuge of all Christians; do not turn in loathing from me, an accursed sinner, who have made myself utterly worthless through shameful thoughts and words and deeds, and through the sloth of the pleasures of life have become a slave to my own will. But, as Mother of the God who loves mankind, have compassion on me, a sinner and prodigal, in your love for mankind, and accept the prayer I offer you from polluted lips. And using your Mother's boldness, implore your Son, our Master and Lord, that He open to me also the compassionate heart of his goodness, and disregarding my countless offences turn me back to repentance, and make me a tried worker of his commandments. And, as you are full of

με. Καὶ πάρεσό μοι ἀεὶ ὡς ἐλεήμων καὶ συμπαθὴς καὶ φιλάγαθος, ἐν μὲν τῷ παρόντι βίῳ θερμὴ προστάτις καὶ βοηθός, τάς τῶν ἐναντίων ἐφόδους ἀποτειχίζουσα καὶ πρὸς σωτηρίαν καθοδηγοῦσά με· καὶ ἐν τῷ καιρῷ τῆς ἐξόδου μου τὴν ἀθλίαν μου ψυχὴν περιέπουσα καὶ τὰς σκοτεινὰς ὄψεις τῶν πονηρῶν δαιμόνων πόρρω αὐτῆς ἀπελαύνουσα· ἐν δὲ τῇ φοβερᾷ ἡμέρᾳ τῆς κρίσεως, τῆς αἰωνίου με ῥυομένη κολάσεως, καί τῆς ἀπορρήτου δόξης τοῦ σοῦ Υἱοῦ καὶ Θεοῦ ἡμῶν κληρονόμον με ἀποδεικνύουσα. Ἧς καὶ τύχοιμι, Δέσποινά μου, ὑπεραγία Θεοτόκε, διά τῆς σῆς μεσιτείας καὶ ἀντιλήψεως· χάριτι καὶ φιλανθρωπίᾳ τοῦ μονογενοῦς σου Υἱοῦ, τοῦ Κυρίου καὶ Θεοῦ, καὶ Σωτῆρος ἡμῶν Ἰησοῦ Χριστοῦ· ᾧ πρέπει πᾶσα δόξα, τιμὴ καὶ προσκύνησις, σὺν τῷ ἀνάρχῳ αὐτοῦ Πατρὶ καὶ τῷ παναγίῳ καὶ ἀγαθῷ καὶ ζωοποιῷ αὐτοῦ Πνεύματι, νῦν καὶ ἀεὶ, καὶ εἰς τούς αἰῶνας τῶν αἰώνων. Ἀμήν.

Καὶ δὸς ἡμῖν, Δέσποτα, πρὸς ὕπνον ἀπιοῦσιν, ἀνάπαυσιν σώματος καὶ ψυχῆς· καὶ διαφύλαξον ἡμᾶς ἀπό τοῦ ζοφεροῦ ὕπνου τῆς ἁμαρτίας καὶ ἀπὸ πάσης σκοτεινῆς καὶ νυκτερινῆς ἡδυπαθείας. Παῦσον τὰς ὁρμάς τῶν παθῶν, σβέσον τὰ πεπυρωμένα βέλη τοῦ πονηροῦ, τὰ καθ' ἡμῶν δολίως κινούμενα· τάς τῆς σαρκὸς ἡμῶν ἐπαναστάσεις κατάστειλον καὶ πᾶν γεῶδες καὶ ὑλικὸν ἡμῶν φρόνημα κοίμισον. Καὶ δώρησαι ἡμῖν, ὁ Θεός, γρήγορον νοῦν, σώφρονα λογισμόν, καρδίαν νήφουσαν, ὕπνον ἐλαφρόν, καὶ πάσης σατανικῆς φαντασίας ἀπηλλαγμένον. Διανάστησον δὲ ἡμᾶς ἐν τῷ καιρῷ τῆς προσευχῆς, ἐστηριγμένους ἐν ταῖς ἐντολαῖς σου, καὶ τὴν μνήμην τῶν σῶν κριμάτων ἐν ἑαυτοῖς ἀπαράθραυστον ἔχοντας. Παννύχιον ἡμῖν τὴν σήν δοξολογίαν χάρισαι εἰς τὸ ὑμνεῖν καὶ εὐλογεῖν καὶ δοξάζειν τὸ πάντιμον, καὶ μεγαλοπρεπὲς Ὄνομά σου, τοῦ Πατρὸς, καί τοῦ Υἱοῦ, καί τοῦ Ἁγίου Πνεύματος, νῦν, καὶ ἀεὶ,

mercy, compassion and loving-kindness, be ever near me: in this present life a fervent helper and protector, shielding me from the enemy's assaults and guiding me to salvation, and at the moment of my departure watching over my wretched soul and driving far from her the dark forms of evil demons; but on the dread day of judgement, delivering me from eternal punishment and making me an heir to the ineffable glory of your Son and our God. All this may I obtain, my Lady, most holy Mother of God, through your mediation and assistance; through the grace and love for mankind of your only-begotten Son, our Lord and God and Saviour, Jesus Christ. To whom are due all glory, honour and worship, with His beginningless Father and His All-holy, Good and Life-giving Spirit, now and forever, and to the ages of ages. Amen.

And grant us, Master, as we go to our sleep, rest of body and soul; and guard us from the gloomy sleep of sin and from every dark pleasure of the night. Calm the assaults of the passions, quench the fiery arrows of the evil one that are cunningly aimed at us; put down the rebellions of our flesh and still our every earthly and material thought. And grant us, O God, a watchful mind, chaste thought, a wakeful heart, sleep that is light and free from every satanic fantasy. Rouse us at the time for prayer strengthened in your commandments, and holding firmly within us the memory of your judgements. Grant that we may sing Your glory all night long, and so hymn, bless and glorify Your all-honoured and majestic name, of the Father, and the Son and the Holy Spirit, now and forever, and to the ages of ages. Amen.

καὶ εἰς τούς αἰῶνας τῶν αἰώνων. Ἀμήν.

Ὑπερένδοξε, ἀειπάρθενε, εὐλογημένη Θεοτόκε, προσάγαγε τὴν ἡμετέραν προσευχὴν τῷ Υἱῷ σου καὶ Θεῷ ἡμῶν, καὶ αἴτησαι ἵνα σώσῃ διά σοῦ τὰς ψυχὰς ἡμῶν.

Ἡ ἐλπίς μου ὁ Πατήρ, καταφυγή μου ὁ Υἱός, σκέπη μου τὸ Πνεῦμα τὸ Ἅγιον. Τριὰς Ἁγία, δόξα σοι.

Τὴν πᾶσαν ἐλπίδα μου, εἰς σὲ ἀνατίθημι, Μῆτερ τοῦ Θεοῦ· φύλαξόν με ὑπὸ τὴν σκέπην σου.

Ἅγιε Ἄγγελε, ὁ ἐφεστώς τῆς ἀθλίας μου ψυχῆς καὶ ταλαιπώρου μου ζωῆς, μὴ ἐγκαταλίπῃς με τὸν ἁμαρτωλόν, μηδὲ ἀποστῆς ἀπ' ἐμοῦ διὰ τὴν ἀκρασίαν μου· μὴ δώῃς χώραν τῷ πονηρῷ δαίμονι κατακυριεῦσαί μου τῇ καταδυναστείᾳ τοῦ θνητοῦ τούτου σώματος· κράτησον τῆς ἀθλίας καὶ παρειμένης χειρός μου, καὶ ὁδήγησόν με εἰς ὁδὸν σωτηρίας. Ναί, ἅγιε Ἄγγελε τοῦ Θεοῦ, ὁ φύλαξ καὶ σκεπαστής τῆς ἀθλίας μου ψυχῆς καί τοῦ σώματος, πάντα μοι συγχώρησον, ὅσα σοι ἔθλιψα πάσας τὰς ἡμέρας τῆς ζωῆς μου, καὶ εἴ τι ἥμαρτον τὴν σήμερον ἡμέραν· σκέπασόν με ἐν τῇ παρούσῃ νυκτὶ καὶ διαφύλαξόν με ἀπὸ πάσης ἐπηρείας τοῦ ἀντικειμένου, ἵνα μὴ ἔν τινι ἁμαρτήματι παροργίσω τὸν Θεόν· καὶ πρέσβευε ὑπὲρ ἐμοῦ πρὸς τὸν Κύριον τοῦ ἐπιστηρίξαι με ἐν τῷ φόβῳ αὐτοῦ καὶ ἄξιον ἀναδεῖξαί με δοῦλον τῆς αὐτοῦ ἀγαθότητος. Ἀμήν.

Δι' εὐχῶν τῶν Ἁγίων Πατέρων ἡμῶν, Κύριε Ἰησοῦ Χριστέ ὁ Θεός ἡμῶν, ἐλέησον καί σῶσον ἡμᾶς. Ἀμήν.

Most glorious, ever-virgin, blessed Mother of God, offer our prayer to your Son and our God, and ask that, through you, He may save our souls.

The Father is my hope, the Son my refuge, the Holy Spirit my protection. Holy Trinity, glory to You.

All my hope I place in you, Mother of God, guard me under your protection.

Holy Angel, overseer of my wretched soul and miserable life, do not abandon me a sinner, do not desert me because of my inconstancy; leave no place for the evil demon to obtain dominion over me by gaining control of this mortal body; strengthen my wretched and feeble hand, and guide me into the way of salvation. Yes, Holy Angel of God, guardian and protector of my wretched soul and body, pardon me all the things by which I have distressed you all the days of my life, and whatever sins I have committed today; shelter me in the coming night and protect me from every abuse of the adversary, that I may not anger my God by any sin; and intercede for me to the Lord, to strengthen me in his fear, and show me to be a worthy servant of his goodness. Amen.

Through the Prayers of our Holy Fathers, Lord Jesus Christ our God, be merciful to us and save us. Amen.

Β΄
ΕΠΙΛΟΓΕΣ
ΥΜΝΩΝ-ΨΑΛΜΩΝ-ΕΥΧΩΝ

(Ἀπό τίς Ἀκολουθίες-Προσευχές
τῆς Ἐκκλησίας μας)

Τριαδικά Τροπάρια

Ἐξεγερθέντες τοῦ ὕπνου, προσπίπτομέν σοι, Ἀγαθέ, καί τῶν Ἀγγέλων τόν ὕμνον βοῶμέν σοι, Δυνατέ· Ἅγιος, Ἅγιος, Ἅγιος εἶ ὁ Θεός· διά τῆς Θεοτόκου ἐλέησον ἡμᾶς.

Δόξα Πατρί καί Υἱῷ καί Ἁγίῳ Πνεύματι.

Τῆς κλίνης καί τοῦ ὕπνου ἐξεγείρας με, Κύριε, τόν νοῦν μου φώτισον, καί τήν καρδίαν καί τά χείλη μου ἄνοιξον, εἰς τό ὑμνεῖν σε, Ἁγία Τριάς· Ἅγιος, Ἅγιος, Ἅγιος εἶ ὁ Θεός· διά τῆς Θεοτόκου ἐλέησον ἡμᾶς.

Καί νῦν καί ἀεί καί εἰς τούς αἰῶνας τῶν αἰώνων. Ἀμήν.

Ἀθρόον ὁ Κριτής ἐπελεύσεται, καί ἑκάστου αἱ πράξεις γυμνωθήσονται· ἀλλά φόβῳ κράξωμεν ἐν τῷ μέσῳ τῆς νυκτός· Ἅγιος, Ἅγιος, Ἅγιος εἶ ὁ Θεός· διά τῆς Θεοτόκου ἐλέησον ἡμᾶς.

B΄

SELECTIONS OF HYMNS-PSALMS-PRAYERS

(From the Services-Prayers of our Church)

HYMNS TO THE HOLY TRINITY

On rising from sleep, we fall down before you, O Good One, and we cry to you with the Angels' hymn, O Mighty One: Holy, Holy, Holy are you, O God: through the prayers of the Mother of God, have mercy on us.

Glory to the Father and the Son and the Holy Spirit.

You awaken me, Lord, from my bed and from sleep, enlighten my mind and open my heart and my lips, to sing your praise, O Holy Trinity: Holy, Holy, Holy are you, O God: through the prayers of the Mother of God have mercy on us.

Both now and forever, and to the ages of ages. Amen.

The Judge will come suddenly, and the deeds of each will be laid bare; but with fear let us cry to you in the middle of the night: Holy, Holy, Holy are you, O God: through the prayers of the Mother of God have mercy on us.

ΤΡΙΑΔΙΚΑ ΜΕΓΑΛΥΝΑΡΙΑ

Ἄξιόν ἐστιν ὡς ἀληθῶς, τὴν ὑπέρθεον ὑμνεῖν Τριάδα, Ἄναρχον Πατέρα καὶ παντουργόν, Συνάναρχον Λόγον, πρὸ αἰώνων ἐκ τοῦ Πατρός, ἀρρεύστως τεχθέντα, καὶ τὸ Ἅγιον Πνεῦμα, τὸ ἐκ τοῦ Πατρὸς ἀχρόνως ἐκπορευόμενον.

Ἄξιόν ἐστιν ὡς ἀληθῶς, τοῦ δοξάζειν σε τὸν Θεὸν Λόγον· Ὃν φρίττει καὶ τρέμει τὰ Χερουβείμ, καὶ δοξολογοῦσιν αἱ Δυνάμεις τῶν Οὐρανῶν, τὸν ἐξαναστάντα τριήμερον ἐκ τάφου, Χριστὸν τὸν ζωοδότην, φόβῳ δοξάσωμεν.

Ὑμνήσωμεν πάντες θεοπρεπῶς, ᾄσμασιν ἐνθέοις, τὸν Πατέρα καὶ τὸν Υἱόν, καὶ Πνεῦμα τὸ θεῖον, τρισυπόστατον κράτος, τὴν μίαν Βασιλείαν, καὶ Κυριότητα.

Ἐκ νεκρῶν ἰδοῦσα τὸν σὸν Υἱόν, ἄχραντε Παρθένε, ἀναστάντα θεοπρεπῶς, χαρᾶς ἀνεκφράστου, ἡ κτίσις ἐπληροῦτο, αὐτὸν δοξολογοῦσα, καὶ σὲ γεραίρουσα.

ΑΠΟ ΤΟΝ ΟΡΘΡΟ

Ψαλμός 102

Εὐλόγει, ἡ ψυχή μου, τὸν Κύριον, καί πάντα τά ἐντός μου τό ὄνομα τό ἅγιον αὐτοῦ. Εὐλόγει ἡ ψυχή μου, τόν Κύριον, καὶ μὴ ἐπιλανθάνου πάσας τὰς ἀνταποδόσεις αὐτοῦ. Τὸν εὐϊλατεύοντα πάσας τάς ἀνομίας σου, τὸν ἰώμενον πάσας τὰς νόσους σου. Τὸν λυτρούμενον ἐκ φθορᾶς τὴν ζωήν σου, τὸν στεφανοῦντά σε ἐν ἐλέει καὶ οἰκτιρμοῖς. Τὸν ἐμπιπλῶντα ἐν ἀγαθοῖς τὴν ἐπιθυμίαν σου, ἀνακαινισθήσεται ὡς ἀετοῦ ἡ νεότης σου. Ποιῶν ἐλεημοσύνας ὁ Κύριος καὶ κρῖμα πᾶσι τοῖς

Megalynaria

It is truly right to praise the divine Trinity, the Father without beginning and Maker of all, the coeternal Word, born without change from the Father before the ages, and the Holy Spirit, proceeding timelessly from the Father.

It is truly right to glorify you, God the Word, at whom the Cherubim quail and tremble and whom the Powers of heaven glorify. Christ, the giver of life, who rose from the grave on the third day, with fear let us glorify.

As befits God, let us all praise, with songs inspired, the Father and the Son and the divine Spirit, three-personned might, one Kingship and Dominion.

Immaculate Virgin, all creation seeing your Son risen from the dead, as befits God, has been filled with unspeakable joy, as it glorifies him and honours you.

Selections from Matins

Psalm 102

Bless the Lord, O my soul, and all that is within me, bless his holy name. Bless the Lord, O my soul, and forget none of his benefits. He forgives all your iniquities; he heals all your diseases; he redeems your life from corruption and crowns you with mercy and compassion; he satisfies your desire with good things; your youth will be renewed like an eagle's. The Lord performs deeds of mercy and judgement for all who are oppressed. He made known his ways to Moses, his wishes to the

ἀδικουμένοις. Ἐγνώρισε τὰς ὁδοὺς αὐτοῦ τῷ Μωυσῇ τοῖς υἱοῖς Ἰσραὴλ τὰ θελήματα αὐτοῦ. Οἰκτίρμων καὶ ἐλεήμων ὁ Κύριος, μακρόθυμος καὶ πολυέλεος· οὐκ εἰς τέλος ὀργισθήσεται, οὐδὲ εἰς τὸν αἰῶνα μηνιεῖ. Οὐ κατὰ τὰς ἀνομίας ἡμῶν ἐποίησεν ἡμῖν, οὐδὲ κατὰ τὰς ἁμαρτίας ἡμῶν ἀνταπέδωκεν ἡμῖν. Ὅτι κατὰ τὸ ὕψος τοῦ οὐρανοῦ ἀπὸ τῆς γῆς, ἐκραταίωσε Κύριος τὸ ἔλεος αὐτοῦ ἐπὶ τοὺς φοβουμένους αὐτὸν. Καθ' ὅσον ἀπέχουσιν ἀνατολαὶ ἀπὸ δυσμῶν, ἐμάκρυνεν ἀφ' ἡμῶν τὰς ἀνομίας ἡμῶν. Καθὼς οἰκτίρει πατὴρ υἱοὺς, ᾠκτίρησε Κύριος τοὺς φοβουμένους αὐτὸν· ὅτι αὐτὸς ἔγνω τὸ πλάσμα ἡμῶν, ἐμνήσθη ὅτι χοῦς ἐσμεν. Ἄνθρωπος ὡσεὶ χόρτος αἱ ἡμέραι αὐτοῦ, ὡσεὶ ἄνθος τοῦ ἀγροῦ, οὕτως ἐξανθήσει. Ὅτι πνεῦμα διῆλθεν ἐν αὐτῷ, καὶ οὐχ ὑπάρξει, καὶ οὐκ ἐπιγνώσεται ἔτι τὸν τόπον αὐτοῦ. Τὸ δὲ ἔλεος τοῦ Κυρίου ἀπὸ τοῦ αἰῶνος, καὶ ἕως τοῦ αἰῶνος ἐπὶ τοὺς φοβουμένους αὐτὸν. Καὶ ἡ δικαιοσύνη αὐτοῦ ἐπὶ υἱοῖς υἱῶν, τοῖς φυλάσσουσι τὴν διαθήκην αὐτοῦ, καὶ μεμνημένοις τῶν ἐντολῶν αὐτοῦ τοῦ ποιῆσαι αὐτὰς. Κύριος ἐν τῷ οὐρανῷ ἡτοίμασεν τὸν θρόνον αὐτοῦ, καὶ ἡ βασιλεία αὐτοῦ πάντων δεσπόζει. Εὐλογεῖτε τὸν Κύριον πάντες οἱ Ἄγγελοι αὐτοῦ, δυνατοὶ ἰσχύι, ποιοῦντες τὸν λόγον αὐτοῦ, τοῦ ἀκοῦσαι τῆς φωνῆς τῶν λόγων αὐτοῦ. Εὐλογεῖτε τὸν Κύριον, πᾶσαι αἱ Δυνάμεις αὐτοῦ, λειτουργοὶ αὐτοῦ, οἱ ποιοῦντες τὸ θέλημα αὐτοῦ. Εὐλογεῖτε τὸν Κύριον, πάντα τὰ ἔργα αὐτοῦ, ἐν παντί τόπῳ τῆς δεσποτείας αὐτοῦ· εὐλόγει ἡ ψυχή μου, τὸν Κύριον.

Θεὸς Κύριος, καὶ ἐπέφανεν ἡμῖν, εὐλογημένος ὁ ἐρχόμενος ἐν ὀνόματι Κυρίου.

Στίχ. α΄. Ἐξομολογεῖσθε τῷ Κυρίῳ, καὶ ἐπικαλεῖσθε τὸ ὄνομα τὸ ἅγιον αὐτοῦ.

children of Israel. The Lord is compassionate and merciful, long-suffering and full of mercy. He will not always be wrathful, nor will he be enraged for ever. He has not dealt with us according to our iniquities, nor rewarded us according to our sins. For, like the height of heaven above the earth, the Lord has made his mercy prevail over those that fear him. As far as the east is from the west, so far has he taken our sins from us. As a father takes pity on his children, the Lord has taken pity on those who fear him. For he knows of what we are made; has remembered that we are but dust. As for man, his days are but as grass, he will blossom like a flower of the field; for when a wind has passed over it, it will be no more and will know its place no longer. But the mercy of the Lord is for ever and ever upon those who fear him; and his justice upon their children's children, upon those who keep his covenant and remember his commandments to do them. The Lord has prepared his throne in heaven and his kingdom rules over all. Bless the Lord, all you his Angels, powerful in strength, who perform his word, and listen to the voice of his words. Bless the Lord, all you his Powers, his Ministers who do his will. Bless the Lord, all you his works. In every place of his dominion, bless the Lord, O my soul!

God is the Lord, and has revealed Himself to us. Blessed is he who comes in the name of the Lord.

Verse 1: Give thanks to the Lord, call upon His Holy Name.

Θεὸς Κύριος, καὶ ἐπέφανεν ἡμῖν, εὐλογημένος ὁ ἐρχόμενος ἐν ὀνόματι Κυρίου.

Στίχ. β΄. Πάντα τὰ ἔθνη ἐκύκλωσάν με, καὶ τῷ ὀνόματι Κυρίου ἠμυνάμην αὐτούς.

Θεὸς Κύριος, καὶ ἐπέφανεν ἡμῖν, εὐλογημένος ὁ ἐρχόμενος ἐν ὀνόματι Κυρίου.

Στίχ. γ΄. Παρὰ Κυρίου ἐγένετο αὕτη, καὶ ἔστι θαυμαστὴ ἐν ὀφθαλμοῖς ἡμῶν.

Θεὸς Κύριος, καὶ ἐπέφανεν ἡμῖν, εὐλογημένος ὁ ἐρχόμενος ἐν ὀνόματι Κυρίου.

ΩΔΗ ΤΗΣ ΘΕΟΤΟΚΟΥ

Μεγαλύνει ἡ ψυχή μου τὸν Κύριον, καὶ ἠγαλλίασε τὸ πνεῦμά μου ἐπὶ τῷ Θεῷ τῷ σωτῆρί μου.

Τὴν Τιμιωτέραν τῶν Χερουβείμ, καὶ ἐνδοξοτέραν ἀσυγκρίτως τῶν Σεραφείμ, τὴν ἀδιαφθόρως Θεὸν Λόγον τεκοῦσαν, τὴν ὄντως Θεοτόκον, σὲ μεγαλύνομεν.

Ὅτι ἐπέβλεψεν ἐπὶ τὴν ταπείνωσιν τῆς δούλης αὐτοῦ, ἰδοὺ γὰρ ἀπὸ τοῦ νῦν μακαριοῦσί με πᾶσαι αἱ γενεαί.

Τὴν Τιμιωτέραν τῶν Χερουβείμ....

Ὅτι ἐποίησέ μοι μεγαλεῖα ὁ Δυνατός, καὶ ἅγιον τὸ ὄνομα αὐτοῦ, καὶ τὸ ἔλεος αὐτοῦ εἰς

God is the Lord, and has revealed Himself to us. Blessed is he who comes in the name of the Lord.

Verse 2: All the nations surrounded me, but in the name of the Lord I drove them back.

God is the Lord, and has revealed Himself to us. Blessed is he who comes in the name of the Lord.

Verse 3: This is the Lord's doing, and it is marvellous in our eyes.

God is the Lord, and has revealed Himself to us. Blessed is he who comes in the name of the Lord.

The Magnificat

My soul magnifies the Lord, and my spirit rejoices in God my Saviour.

Higher in honor than the Cherubim, and beyond compare more glorious than the Serapheim, who without corruption gave birth to God the Logos. Most truly Theotokos, you do we magnify.

For he has regarded the lowliness of his handmaiden, for behold from henceforth all generations will call me blessed.

Higher in honor than the Cherubim...

For he that is mighty has done great things for me, and holy is his name, and his mercy is on

γενεάν, καὶ γενεὰν τοῖς φοβουμένοις αὐτόν.

Τὴν Τιμιωτέραν τῶν Χερουβείμ…

Ἐποίησε Κράτος ἐν βραχίονι αὐτοῦ, διεσκόρπισεν ὑπερηφάνους διανοίᾳ καρδίας αὐτῶν.

Τὴν Τιμιωτέραν τῶν Χερουβείμ…

Καθεῖλε δυνάστας ἀπὸ θρόνων, καὶ ὕψωσε ταπεινούς, πεινῶντας ἐνέπλησεν ἀγαθῶν, καὶ πλουτοῦντας ἐξαπέστειλε κενούς.

Τὴν Τιμιωτέραν τῶν Χερουβείμ…

Ἀντελάβετο Ἰσραὴλ παιδὸς αὐτοῦ, μνησθῆναι ἐλέους, καθὼς ἐλάλησε πρὸς τοὺς Πατέρας ἡμῶν, τῷ Ἀβραάμ, καὶ τῷ σπέρματι αὐτοῦ ἕως αἰῶνος.

Τὴν Τιμιωτέραν τῶν Χερουβείμ …

Ἄξιόν ἐστιν ὡς ἀληθῶς, μακαρίζειν σε τὴν Θεοτόκον, τὴν ἀειμακάριστον καὶ παναμώμητον καὶ μητέρα του Θεοῦ ἡμῶν. Τὴν τιμιωτέραν τῶν Χερουβεὶμ καὶ ἐνδοξοτέραν ἀσυγκρίτως τῶν Σεραφείμ, τὴν ἀδιαφθόρως, Θεὸν Λόγον τεκοῦσαν, τήν ὄντως Θεοτόκον, σὲ μεγαλύνομεν.



them that fear him from generation to generation.

Higher in honor than the Cherubim.....

He has shown strength with his arm, he has scattered the proud in the imagination of their hearts.

Higher in honor than the Cherubim....

He has put down the mighty from their thrones and exalted the humble. He has filled the hungry with good things and the rich he has sent away empty.

Higher in honor than the Cherubim...

He has helped Israel his servant in remembrance of his mercy, as he spoke to our fathers, to Abraham and to his posterity forever.

Higher in honor than the Cherubim...

It is truly right to bless you, Theotokos, ever blessed, most pure, and Mother of our God. Higher in honor than the Cherubim, and beyond compare more glorious than the Serapheim, who without corruption gave birth to God the Logos. Most truly Theotokos, you do we magnify.



ΠΡΟΣΕΥΧΕΣ ΕΚ ΤΟΥ ΜΕΓΑΛΟΥ ΩΡΟΛΟΓΙΟΥ

Ὁ ἐν παντὶ καιρῷ καὶ πάσῃ ὥρᾳ ἐν οὐρανῷ καὶ ἐπὶ γῆς προσκυνούμενος καὶ δοξαζόμενος Χριστὸς ὁ Θεός, ὁ μακρόθυμος, ὁ πολυέλεος, ὁ πολυέσπλαγχνος, ὁ τούς δικαίους ἀγαπῶν καί τούς ἁμαρτωλοὺς ἐλεῶν, ὁ πάντας καλῶν πρὸς σωτηρίαν διά τῆς ἐπαγγελίας τῶν μελλόντων ἀγαθῶν· Αὐτός, Κύριε, πρόσδεξαι καὶ ἡμῶν ἐν τῇ ὥρᾳ ταύτῃ τὰς ἐντεύξεις καὶ ἴθυνον τὴν ζωὴν ἡμῶν πρὸς τὰς ἐντολάς σου. Τὰς ψυχὰς ἡμῶν ἁγίασον· τὰ σώματα ἅγνισον· τούς λογισμοὺς διόρθωσον· τὰς ἐννοίας κάθαρον· καὶ ῥῦσαι ἡμᾶς ἀπὸ πάσης θλίψεως, κακῶν καὶ ὀδύνης. Τείχισον ἡμᾶς ἁγίοις σου Ἀγγέλοις, ἵνα, τῇ παρεμβολῇ αὐτῶν φρουρούμενοι καὶ ὁδηγούμενοι, καταντήσωμεν εἰς τὴν ἑνότητα τῆς πίστεως καὶ εἰς τὴν ἐπίγνωσιν τῆς ἀπροσίτου σου δόξης· ὅτι εὐλογητὸς εἶ εἰς τούς αἰῶνας τῶν αἰώνων. Ἀμήν.

Χριστέ, τὸ φῶς τὸ ἀληθινόν, τὸ φωτίζον καὶ ἁγιάζον πάντα ἄνθρωπον, ἐρχόμενον εἰς τὸν κόσμον, σημειωθήτω ἐφ᾽ ἡμᾶς τὸ φῶς τοῦ προσώπου σου, ἵνα ἐν αὐτῷ ὀψώμεθα φῶς τὸ ἀπρόσιτον· καὶ κατεύθυνον τὰ διαβήματα ἡμῶν πρὸς ἐργασίαν τῶν ἐντολῶν σου, πρεσβείαις τῆς παναχράντου σου Μητρός, καὶ πάντων σου τῶν Ἁγίων. Ἀμὴν.

Δέσποτα Θεέ, Πάτερ παντοκράτορ, Κύριε Υἱὲ μονογενές, Ἰησοῦ Χριστὲ, καὶ Ἅγιον

SELECTIONS FROM THE HOURS

At every time and at every hour, in heaven and on earth worshipped and glorified, Christ God, long-suffering, great in mercy, great in compassion, loving the just and merciful to sinners, calling all to salvation by the promise of the good things to come; do you, Lord, yourself accept our entreaties at this hour, and direct our lives to your commandments. Sanctify our souls, purify our bodies, correct our thoughts, cleanse our ideas and deliver us from every distress, evil, and pain. Wall us about with your holy Angels, that protected and guided by their host we may reach the unity of the faith and the knowledge of your unapproachable glory; for you are blessed to the ages of ages. Amen.

O Christ, the true light, who enlightens and sanctifies everyone who comes into the world, may the light of Your countenance be signed upon us, that in it we may see Your unapproachable light; and direct our steps to the doing of your commandments; at the intercessions of your all-most pure Mother and of all your Saints. Amen.

God and Master, Father Almighty, Lord, only begotten Son, Jesus Christ and Holy Spirit,

Πνεῦμα, μία Θεότης, μία Δύναμις, ἐλέησόν με τὸν ἁμαρτωλόν, καί, οἷς ἐπίστασαι κρίμασι, σῶσόν με τὸν ἀνάξιον δοῦλόν σου· ὅτι εὐλογητὸς εἶ εἰς τοὺς αἰῶνας τῶν αἰώνων. Ἀμήν.

Θεὲ καὶ Κύριε τῶν Δυνάμεων, καὶ πάσης κτίσεως Δημιουργέ, ὁ διὰ σπλάγχνα ἀνεικάστου ἐλέους σου, τὸν μονογενῆ σου Υἱόν, τὸν Κύριον ἡμῶν Ἰησοῦν Χριστόν, καταπέμψας ἐπὶ σωτηρίᾳ τοῦ γένους ἡμῶν, καὶ διὰ τοῦ τιμίου αὐτοῦ Σταυροῦ, τὸ χειρόγραφον τῶν ἁμαρτιῶν ἡμῶν διαρρήξας, καὶ θριαμβεύσας ἐν αὐτῷ τὰς ἀρχὰς καὶ ἐξουσίας τοῦ σκότους, Αὐτός, Δέσποτα φιλάνθρωπε, πρόσδεξαι καὶ ἡμῶν τῶν ἁμαρτωλῶν τὰς εὐχαριστηρίους ταύτας καὶ ἱκετηρίους ἐντεύξεις· καὶ ῥῦσαι ἡμᾶς ἀπὸ παντὸς ὀλεθρίου καὶ σκοτεινοῦ παραπτώματος, καὶ πάντων τῶν κακῶσαι ἡμᾶς ζητούντων, ὁρατῶν καὶ ἀοράτων ἐχθρῶν. Καθήλωσον ἐκ τοῦ φόβου σου τὰς σάρκας ἡμῶν, καὶ μὴ ἐκκλίνῃς τὰς καρδίας ἡμῶν εἰς λόγους, ἢ εἰς λογισμοὺς πονηρίας, ἀλλὰ τῷ πόθῳ σου τρῶσον ἡμῶν τὰς ψυχάς, ἵνα, πρὸς σὲ διαπαντὸς ἀτενίζοντες, καὶ τῷ παρὰ σοῦ φωτὶ ὁδηγούμενοι, σὲ τὸ ἀπρόσιτον καὶ ἀΐδιον κατοπτεύοντες φῶς, ἀκατάπαυστόν σοι τὴν ἐξομολόγησιν καὶ εὐχαριστίαν ἀναπέμπομεν, τῷ ἀνάρχῳ Πατρὶ, σὺν τῷ μονογενεῖ σου Υἱῷ, καὶ τῷ παναγίῳ, καὶ ἀγαθῷ καὶ ζωοποιῷ σου Πνεύματι, νῦν, καὶ ἀεί, καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων. Ἀμήν.

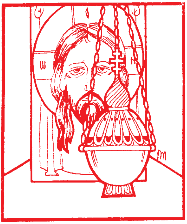
Δέσποτα, Κύριε Ἰησοῦ Χριστὲ, ὁ Θεὸς ἡμῶν, ὁ μακροθυμήσας ἐπὶ τοῖς ἡμῶν πλημμελήμασι, καὶ ἄχρι τῆς παρούσης ὥρας ἀγαγὼν ἡμᾶς, ἐν ᾗ ἐπὶ τοῦ ζωοποιοῦ ξύλου κρεμάμενος, τῷ εὐγνώμονι ληστῇ, τὴν εἰς τὸν Παράδεισον ὡδοποίησας εἴσοδον, καὶ θανάτῳ τὸν θάνατον ὤλεσας, ἱλάσθητι ἡμῖν τοῖς ἁμαρτωλοῖς καὶ ἀναξίοις δούλοις σου· ἡμάρτομεν γὰρ καὶ ἠνομήσαμεν, καὶ οὔκ ἐσμεν

one Godhead, one power, have mercy on me a sinner; and by the judgements which You know, save me your unworthy servant; for You are blessed to the ages of ages. Amen.

O God and Lord of powers, and Maker of all creation, who through the compassion of your incomprehensible mercy sent down Your only-begotten Son, our Lord and Saviour, Jesus Christ, for the salvation of our race, and through His Precious Cross tore up the record of our sins, and by it triumphed over the principalities and powers of darkness; do you yourself, O Master who loves humankind, accept also our supplications of thanksgiving and entreaty; and deliver us from destroying and dark transgression, and from all our foes, visible and invisible, who seek to harm us. Nail down our flesh through fear of you, and do not let our hearts incline to words or thoughts of evil, but wound our souls with longing for you; that ever gazing upon You and guided by the light that comes from You, seeing You the unapproachable and everlasting light, we may give thanks to You, the beginninglees Father, with Your only-begotten Son and Your All-holy, Good and Life-giving Spirit, now and forever, and to the ages of ages. Amen.

Master, Lord Jesus Christ, our God, who have long endured our transgressions, and brought us to this hour in which, hanging on the life-giving tree, you showed the good Thief the way into Paradise and destroyed death by death, have mercy also on us sinners and Your unworthy servants. For we have sinned and transgressed, and are not worthy to raise our eyes and look on the height of

ἄξιοι ἆραι τὰ ὄμματα ἡμῶν, καὶ βλέψαι εἰς τὸ ὕψος τοῦ οὐρανοῦ· διότι κατελίπομεν τὴν ὁδὸν τῆς δικαιοσύνης σου, καὶ ἐπορεύθημεν ἐν τοῖς θελήμασι τῶν καρδιῶν ἡμῶν. Ἀλλ' ἱκετεύομεν τὴν σὴν ἀνείκαστον ἀγαθότητα. Φεῖσαι ἡμῶν, Κύριε, κατὰ τὸ πλῆθος τοῦ ἐλέους σου, καὶ σῶσον ἡμᾶς διὰ τὸ ὄνομά σου τὸ ἅγιον, ὅτι ἐξέλιπον ἐν ματαιότητι αἱ ἡμέραι ἡμῶν. Ἐξελοῦ ἡμᾶς τῆς τοῦ ἀντικειμένου χειρός, καὶ ἄφες ἡμῖν τὰ ἁμαρτήματα, καὶ νέκρωσον τὸ σαρκικὸν ἡμῶν φρόνημα· ἵνα τὸν παλαιὸν ἀποθέμενοι ἄνθρωπον, τὸν νέον ἐνδυσώμεθα, καὶ σοὶ ζήσωμεν τῷ ἡμετέρῳ Δεσπότῃ καὶ κηδεμόνι· καὶ οὕτω, τοῖς σοῖς ἀκολουθοῦντες προστάγμασιν, εἰς τὴν αἰώνιον ἀνάπαυσιν καταντήσωμεν, ἔνθα πάντων ἐστὶν εὐφραινομένων ἡ κατοικία. Σὺ γὰρ εἶ ἡ ὄντως ἀληθινὴ εὐφροσύνη καὶ ἀγαλλίασις τῶν ἀγαπώντων σε, Χριστὲ, ὁ Θεὸς ἡμῶν, καὶ σοὶ τὴν δόξαν ἀναπέμπομεν, σὺν τῷ ἀνάρχῳ σου Πατρί, καὶ τῷ παναγίῳ καὶ ἀγαθῷ, καὶ ζωοποιῷ σου Πνεύματι, νῦν, καὶ ἀεί, καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων. Ἀμήν.



heaven, because we have abandoned the way of your justice and walked in the will of our hearts. But we implore Your unbounded goodness: spare us, O Lord, according to the multitude of Your mercy, and save us for Your holy name's sake, for our days have been wasted in vanity. Rescue us from the hand of our opponent, forgive us our sins, slay our carnal will, so that we, having put off the old man, may put on the new, and live for You, our Master and Benefactor; and that thus following your precepts we may reach eternal rest, where those who rejoice have their dwelling. For You are the true joy and gladness of those who love you, Christ our God, and to You we give glory, together with Your beginningless Father, and Your All-holy, Good and Life-giving Spirit, now and forever, and to the ages of ages. Amen.

ΑΠΟ ΤΟΝ ΕΣΠΕΡΙΝΟ

Δεῦτε, προσκυνήσωμεν καὶ προσπέσωμεν τῷ βασιλεῖ ἡμῶν Θεῷ.

Δεῦτε, προσκυνήσωμεν καὶ προσπέσωμεν Χριστῷ, τῷ βασιλεῖ ἡμῶν Θεῷ.

Δεῦτε, προσκυνήσωμεν καὶ προσπέσωμεν αὐτῷ Χριστῷ, τῷ βασιλεῖ καὶ Θεῷ ἡμῶν.

Κύριε οἰκτίρμον καί ἐλεῆμον, μακρόθυμε καί πολυέλεε, ἐνώτισαι τήν προσευχήν ἡμῶν καί πρόσχες τῇ φωνῇ τῆς δεήσεως ἡμῶν· ποίησον μεθ' ἡμῶν σημεῖον εἰς ἀγαθόν· ὁδήγησον ἡμᾶς ἐν τῇ ὁδῷ σου, τοῦ πορεύεσθαι ἐν τῇ ἀληθείᾳ σου· εὔφρανον τάς καρδίας ἡμῶν εἰς τό φοβεῖσθαι τό ὄνομά σου τό ἅγιον· διότι μέγας εἶ σύ καί ποιῶν θαυμάσια· σύ εἶ Θεός μόνος καί οὐκ ἔστιν ὅμοιός σοι ἐν θεοῖς, Κύριε, δυνατός ἐν ἐλέει καί ἀγαθός ἐν ἰσχύι, εἰς τό βοηθεῖν καί παρακαλεῖν καί σώζειν πάντας τούς ἐλπίζοντας εἰς τό ὄνομά σου τό ἅγιον.

Ὅτι πρέπει σοι πᾶσα δόξα, τιμή καί προσκύνησις, τῷ Πατρί καί τῷ Υἱῷ καί τῷ Ἁγίῳ Πνεύματι, νῦν καί ἀεί καί εἰς τούς αἰῶνας τῶν αἰώνων. Ἀμήν.

Ψαλμὸς 140

Κύριε ἐκέκραξα πρὸς σέ, εἰσάκουσόν μου, εἰσάκουσόν μου, Κύριε. Κύριε, ἐκέκραξα

FROM VESPERS

Come, let us worship and fall down before the King, our God.

Come, let us worship and fall down before Christ the King, our God.

Come, let us worship and fall down before Christ himself, the King and our God.

O Lord, compassionate and merciful, long-suffering and full of mercy, listen to our prayer and attend to the voice of our supplication. Make for us a sign for good. Guide us in Your way, to walk in Your truth. Make glad our hearts to fear your Holy Name, because You are great and do wondrous things. You alone are God, and there is none like You, O Lord, among gods: powerful in mercy and loving in strength to help and to console and to save all who hope in Your holy Name.

For to you belong all glory, honour and worship, to the Father, the Son and the Holy Spirit, now and for ever, and to the ages of ages. Amen.

Psalm 140

Lord, I have cried to you, hear me; hear me, O Lord. Lord, I have cried to You, hear me. Give

πρὸς σέ, εἰσάκουσόν μου· πρόσχες τῇ φωνῇ τῆς δεήσεώς μου, ἐν τῷ κεκραγέναι με πρὸς σέ· εἰσάκουσόν μου, Κύριε.

Κατευθυνθήτω ἡ προσευχή μου, ὡς θυμίαμα ἐνώπιόν σου· ἔπαρσις τῶν χειρῶν μου θυσία ἑσπερινὴ· εἰσάκουσόν μου, Κύριε.

Θοῦ, Κύριε, φυλακὴν τῷ στόματί μου, καὶ θύραν περιοχῆς περὶ τὰ χείλη μου.

Μὴ ἐκκλίνῃς τὴν καρδίαν μου εἰς λόγους πονηρίας, τοῦ προφασίζεσθαι προφάσεις ἐν ἁμαρτίαις.

Σὺν ἀνθρώποις ἐργαζομένοις τὴν ἀνομίαν, καὶ οὐ μὴ συνδυάσω μετὰ τῶν ἐκλεκτῶν αὐτῶν.

Παιδεύσει με δίκαιος ἐν ἐλέει, καὶ ἐλέγξει με· ἔλαιον δὲ ἁμαρτωλοῦ μὴ λιπανάτω τὴν κεφαλήν μου.

Ὅτι ἔτι καὶ ἡ προσευχή μου ἐν ταῖς εὐδοκίαις αὐτῶν· κατεπόθησαν ἐχόμενα πέτρας οἱ κριταὶ αὐτῶν.

Ἀκούσονται τὰ ῥήματά μου, ὅτι ἠδύνθησαν· ὡσεὶ πάχος γῆς ἐρράγη ἐπὶ τῆς γῆς, διεσκορπίσθη τὰ ὀστᾶ αὐτῶν παρὰ τὸν ᾅδην.

Ὅτι πρὸς σέ, Κύριε, Κύριε, οἱ ὀφθαλμοὶ μου· ἐπὶ σοὶ ἤλπισα, μὴ ἀντανέλῃς τὴν ψυχήν μου.

Φύλαξόν με ἀπὸ παγίδος, ἧς συνεστήσαντό μοι, καὶ ἀπὸ σκανδάλων τῶν ἐργαζομένων τὴν ἀνομίαν.

heed to the voice of my supplication when I cry to You. Hear me, O Lord.

Let my prayer be directed like incense before You; the lifting up of my hands be an evening sacrifice. Hear me, O Lord.

Set a guard, O Lord, on my mouth, and a strong door about my lips.

Do not incline my heart to evil words; to make excuses for my sins.

With those who work iniquity, let me not unite with their elect.

The just will chastise me with mercy and reprove me; but let not the oil of sinners anoint my head.

For yet my prayer shall be in their pleasures; their judges have been swallowed up near the rock.

They will hear my words for they are sweet. As a clod of earth is crushed upon the ground, their bones have been scattered at the mouth of Hades.

For my eyes look to You, O Lord, my Lord. I have hoped in You, do not take away my soul.

Keep me from the snare that they have hidden for me, and from the traps of evildoers.

Πεσοῦνται ἐν ἀμφιβλήστρῳ αὐτῶν οἱ ἁμαρτωλοί, κατὰ μόνας εἰμὶ ἐγώ, ἕως ἂν παρέλθω.

Ψαλμὸς 141

Φωνῇ μου πρὸς Κύριον ἐκέκραξα, φωνῇ μου πρὸς Κύριον ἐδεήθην.

Ἐκχεῶ ἐνώπιον αὐτοῦ τὴν δέησίν μου, τὴν θλῖψίν μου ἐνώπιον αὐτοῦ ἀπαγγελῶ.

Ἐν τῷ ἐκλείπειν ἐξ ἐμοῦ τὸ πνεῦμά μου, καὶ σὺ ἔγνως τὰς τρίβους μου.

Ἐν ὁδῷ ταύτῃ, ᾗ ἐπορευόμην, ἔκρυψαν παγίδα μοι.

Κατενόουν εἰς τὰ δεξιά, καὶ ἐπέβλεπον, καί οὐκ ἦν ὁ ἐπιγινώσκων με.

Ἀπώλετο φυγὴ ἀπ᾽ ἐμοῦ, καὶ οὐκ ἔστιν ὁ ἐκζητῶν τὴν ψυχήν μου.

Ἐκέκραξα πρὸς σέ, Κύριε· εἶπα· Σὺ εἶ ἡ ἐλπίς μου, μερίς μου εἶ ἐν γῇ ζώντων.

Πρόσχες πρὸς τὴν δέησίν μου, ὅτι ἐταπεινώθην σφόδρα.

Ρῦσαί με ἐκ τῶν καταδιωκόντων με, ὅτι ἐκραταιώθησαν ὑπὲρ ἐμέ.

Ἐξάγαγε ἐκ φυλακῆς τὴν ψυχήν μου, τοῦ ἐξομολογήσασθαι τῷ ὀνόματί σου.

Ἐμὲ ὑπομενοῦσι δίκαιοι, ἕως οὗ ἀνταποδῷς μοι.

The sinners will fall into their own net. I am alone until I pass by.

Psalm 141

With my voice I cried to the Lord. With my voice I entreated the Lord.

I will pour out my entreaty before him, and tell him all my trouble.

When my spirit was faint, You knew my path.

In the way where I walked they had hidden a snare for me.

I looked to my right hand and saw, but there was none who knew me.

Escape is gone from me, and there is none who seeks for my soul.

I cried to You, Lord, I said, ‘You are my hope; my portion in the land of the living.’

Give heed to my supplication, for I am brought very low.

Deliver me from those who persecute me, for they are too strong for me.

Bring my soul out of prison, that I may confess Your name.

The just will await me, until you reward me.

Ψαλμὸς 129

Ἐκ βαθέων ἐκέκραξά σοι, Κύριε· Κύριε, εἰσάκουσον τῆς φωνῆς μου.

Γενηθήτω τὰ ὦτά σου προσέχοντα εἰς τὴν φωνὴν τῆς δεήσεώς μου.

Ἐὰν ἀνομίας παρατηρήσῃς, Κύριε, Κύριε, τὶς ὑποστήσεται; ὅτι παρὰ σοὶ ὁ ἱλασμὸς ἐστιν.

Ἕνεκεν τοῦ ὀνόματός σου ὑπέμεινά σε, Κύριε· ὑπέμεινεν ἡ ψυχή μου εἰς τὸν λόγον σου, ἤλπισεν ἡ ψυχή μου ἐπὶ τὸν Κύριον.

Ἀπὸ φυλακῆς πρωίας μέχρι νυκτός, ἀπὸ φυλακῆς πρωίας, ἐλπισάτω Ἰσραὴλ ἐπὶ τὸν Κύριον.

Ὅτι παρὰ τῷ Κυρίῳ τὸ ἔλεος καὶ πολλὴ παρ' αὐτῷ λύτρωσις· καὶ αὐτὸς λυτρώσεται τὸν Ἰσραὴλ ἐκ πασῶν τῶν ἀνομιῶν αὐτοῦ.

Ψαλμὸς 116

Αἰνεῖτε τὸν Κύριον, πάντα τὰ ἔθνη, ἐπαινέσατε αὐτὸν, πάντες οἱ λαοί.

Ὅτι ἐκραταιώθη τὸ ἔλεος αὐτοῦ ἐφ' ἡμᾶς, καὶ ἡ ἀλήθεια τοῦ Κυρίου μένει εἰς τὸν αἰῶνα.

Η ΕΠΙΛΥΧΝΙΟΣ ΕΥΧΑΡΙΣΤΙΑ

Φῶς ἱλαρὸν ἁγίας δόξης, ἀθανάτου Πατρός, οὐρανίου, ἁγίου, μάκαρος, Ἰησοῦ Χριστέ, ἐλθόντες ἐπὶ τὴν ἡλίου δύσιν, ἰδόντες φῶς ἑσπερινόν, ὑμνοῦμεν Πατέρα, Υἱόν, καὶ ἅγιον

Psalm 129

Out of the depths I have cried to You, O Lord. Lord hear my voice.

Let Your ears be attentive, to the voice of my supplication.

If You, Lord, should mark iniquities, Lord, who will stand? But there is forgiveness with you.

For Your name's sake I have waited for You, O Lord. My soul has waited on Your word. My soul has hoped in the Lord.

From the morning watch until night, from the morning watch, let Israel hope in the Lord.

For with the Lord there is mercy, and with him plentiful redemption, and he will redeem Israel from all his iniquities.

Psalm 116

Praise the Lord, all you nations. Praise him all you peoples.

For his mercy has been mighty towards us, and the truth of the Lord endures to the ages.

The Thanksgiving at the Lighting of the Lamps

O joyful Light of the holy glory of the immortal, heavenly, holy, blessed Father, O Jesus Christ. Now that we have come to the setting of the sun and see the evening light, we sing the praise of

Πνεῦμα Θεόν. Ἄξιόν σε ἐν πᾶσι καιροῖς, ὑμνεῖσθαι φωναῖς αἰσίαις, Υἱὲ Θεοῦ, ζωὴν ὁ διδούς· διὸ ὁ κόσμος σὲ δοξάζει.

Τῷ Σαββάτῳ ἑσπέρας Ἦχος πλ. β΄

Ὁ Κύριος ἐβασίλευσεν, εὐπρέπειαν ἐνεδύσατο.
Στίχ: Ἐνεδύσατο Κύριος δύναμιν, καὶ περιεζώσατο.
Στίχ: Καὶ γὰρ ἐστερέωσεν τὴν οἰκουμένην, ἥτις οὐ σαλευθήσεται.

Τῇ Κυριακῇ ἑσπέρας. Ἦχος πλ. δ΄.

Ἰδοὺ δὴ εὐλογεῖτε τὸν Κύριον, πάντες οἱ δοῦλοι Κυρίου.
Στίχ. Οἱ ἐστῶτες ἐν οἴκῳ Κυρίου, ἐν αὐλαῖς οἴκου Θεοῦ ἡμῶν.

Τῇ Δευτέρα ἑσπέρας. Ἦχος δ΄.

Κύριος εἰσακούσεταί μου, ἐν τῷ κεκραγέναι με πρὸς αὐτόν.
Στίχ. Ἐν τῷ ἐπικαλεῖσθαί με, εἰσήκουσάς μου, ὁ Θεός τῆς δικαιοσύνης μου, ἐν θλίψει ἐπλάτυνάς με.

Τῇ Τρίτῃ ἑσπέρας. Ἦχος α΄.

Τὸ ἔλεός σου, Κύριε, καταδιώξει μὲ πάσας τὰς ἡμέρας της ζωῆς μου.
Στίχ. Κύριος ποιμαίνει με καὶ οὐδὲν με ὑστερήσει, εἰς τόπον χλόης ἐκεῖ μέ κατεσκήνωσεν.

Τῇ Τετάρτη ἑσπέρας. Ἦχος πλ. α΄.

Ὁ Θεός, ἐν τῷ ὀνόματί σου σῶσόν με, καὶ ἐν τῇ δυνάμει σου κρινεῖς με.
Στίχ. Ὁ Θεὸς εἰσάκουσον τῆς προσευχῆς μου,

God, Father, Son and Holy Spirit. It is right at all times to hymn You with holy voices, Son of God, giver of life. Therefore the world glorifies You.

On Saturday night. Tone 6.

The Lord is King: he has clothed himself with glory.
Verse: The Lord has clothed and girded himself with power
Verse : He has established the world, which will not be shaken.

On Sunday night. Tone 8.

Come, bless the Lord: all you servants of the Lord.
Verse: You that stand in the house of the Lord, in the courts of the house of our God.

On Monday evening. Tone 4.

When I call to the Lord: he will hear me.
Verse: Answer me when I call, O God of my justice.

On Tuesday evening. Tone 1.

Your mercy, Lord, will follow me: all the days of my life.
Verse: The Lord is my shepherd, therefore can I lack nothing.

On Wednesday evening. Tone 5.

Save me, O God, by the power of your name: and vindicate me by your might.
Verse: Hear my prayer, O God, and listen to the

ἐνώτισαι τά ρήματα τοῦ στόματός μου.

Τῇ Πέμπτῃ ἑσπέρας. Ἦχος πλ. β΄.

Ἡ βοήθειά μου παρὰ Κυρίου, τοῦ ποιήσαντος τὸν οὐρανὸν καὶ τὴν γῆν.
Στίχ. Ἦρα τούς ὀφθαλμούς μου εἰς τὰ ὄρη, ὅθεν ἥξει ἡ βοήθειά μου.

Τῇ Παρασκευῇ ἑσπέρας. Ἦχος βαρὺς.

Ὁ Θεὸς, ἀντιλήπτωρ μου εἶ, τὸ ἔλεός σου προφθάσει με.
Στίχ. Ἐξελοῦ με ἐκ τῶν ἐχθρῶν μου, ὁ Θεός, καί ἐκ τῶν ἐπανισταμένων ἐπ᾽ ἐμέ λύτρωσαί με.

Καταξίωσον, Κύριε, ἐν τῇ ἑσπέρᾳ ταύτῃ, ἀναμαρτήτους φυλαχθῆναι ἡμᾶς. Εὐλογητὸς εἶ, Κύριε, ὁ Θεὸς τῶν Πατέρων ἡμῶν, καὶ αἰνετὸν καὶ δεδοξασμένον τὸ ὄνομά σου εἰς τοὺς αἰῶνας. Ἀμήν. Γένοιτο, Κύριε, τὸ ἔλεός σου ἐφ᾽ ἡμᾶς, καθάπερ ἠλπίσαμεν ἐπὶ σέ. Εὐλογητὸς εἶ, Κύριε, δίδαξόν με τὰ δικαιώματά σου. Εὐλογητὸς εἶ, Δέσποτα, συνέτισόν με τὰ δικαιώματά σου. Εὐλογητὸς εἶ, Ἅγιε, φώτισόν με τοῖς δικαιώμασί σου. Κύριε, τὸ ἔλεός σου εἰς τὸν αἰῶνα· τὰ ἔργα τῶν χειρῶν σου μὴ παρίδῃς. Σοὶ πρέπει αἶνος, σοὶ πρέπει ὕμνος, σοὶ δόξα πρέπει, τῷ Πατρὶ καὶ τῷ Υἱῷ καὶ τῷ Ἁγίῳ Πνεύματι, νῦν καὶ ἀεὶ καὶ εἰς τούς αἰῶνας τῶν αἰώνων. Ἀμήν.

Η ΩΔΗ ΤΟΥ ΣΥΜΕΩΝ

Νῦν ἀπολύεις τὸν δοῦλόν σου, Δέσποτα, κατὰ τὸ ῥῆμά σου, ἐν εἰρήνῃ· ὅτι εἶδον οἱ ὀφθαλμοί μου τὸ σωτήριόν σου, ὅ ἡτοίμασας κατὰ πρόσωπον πάντων τῶν λαῶν· φῶς εἰς ἀποκάλυψιν ἐθνῶν, καὶ δόξαν λαοῦ σου Ἰσραήλ.

words of my mouth.

On Thursday evening. Tone 6.

My help comes from the Lord: who made both heaven and earth.
Verse: I have lifted up my eyes to the hills, from which my help will come.

On Friday evening. Tone 7.

O God you are my helper: your mercy will go before me.
Verse: Deliver me from my enemies, O God, ransom me from those that rise up against me.

Grant, Lord, to keep us this evening without sin. Blessed are you, Lord, the God of our fathers, and praised and glorified is your name to the ages. Amen. Let your mercy, Lord be upon us, as we have hoped in you. Blessed are You, Lord: teach me Your statutes. Blessed are You, Master: make me understand Your statutes. Blessed are You, Holy One: enlighten me with Your statutes. Lord, Your mercy is forever; do not scorn the work of your hands. To You praise is due, to You song is due, to You glory is due, to the Father, and to the Son, and to the Holy Spirit, now and forever, and to the ages of ages. Amen.

The Ode of Simeon

Now, Master, let Your servant depart in peace, according to Your word; for my eyes have seen Your Salvation, which You have prepared before the face of all peoples, a Light to bring revelation to the nations, and the Glory of Your people Israel.

ΑΠΟ ΤΗΝ ΑΚΟΛΟΥΘΙΑ ΤΟΥ ΜΙΚΡΟΥ ΑΠΟΔΕΙΠΝΟΥ

Ψαλμὸς 142

Κύριε, εἰσάκουσον τῆς προσευχῆς μου, ἐνώτισαι τὴν δέησίν μου ἐν τῇ ἀληθείᾳ σου, εἰσάκουσόν μου ἐν τῇ δικαιοσύνῃ σου. Καὶ μὴ εἰσέλθῃς εἰς κρίσιν μετὰ τοῦ δούλου σου, ὅτι οὐ δικαιωθήσεται ἐνώπιόν σου πᾶς ζῶν. Ὅτι κατεδίωξεν ὁ ἐχθρὸς τὴν ψυχήν μου· ἐταπείνωσεν εἰς γῆν τὴν ζωήν μου. Ἐκάθισέ με ἐν σκοτεινοῖς, ὡς νεκροὺς αἰῶνος, καὶ ἠκηδίασεν ἐπ᾽ ἐμὲ τὸ πνεῦμά μου, ἐν ἐμοὶ ἐταράχθη ἡ καρδία μου. Ἐμνήσθην ἡμερῶν ἀρχαίων, ἐμελέτησα ἐν πᾶσι τοῖς ἔργοις σου, ἐν ποιήμασι τῶν χειρῶν σου ἐμελέτων. Διεπέτασα πρός σέ τὰς χεῖράς μου· ἡ ψυχή μου ὡς γῆ ἄνυδρός σοι. Ταχὺ εἰσάκουσόν μου, Κύριε, ἐξέλιπε τὸ πνεῦμά μου. Μὴ ἀποστρέψῃς τὸ πρόσωπόν σου ἀπ᾽ ἐμοῦ, καὶ ὁμοιωθήσομαι τοῖς καταβαίνουσιν εἰς λάκκον. Ἀκουστὸν ποίησόν μοι τὸ πρωὶ τὸ ἔλεός σου, ὅτι ἐπὶ σοὶ ἤλπισα. Γνώρισόν μοι, Κύριε, ὁδὸν ἐν ᾗ πορεύσομαι, ὅτι πρὸς σὲ ἦρα τὴν ψυχήν μου. Ἐξελοῦ με ἐκ τῶν ἐχθρῶν μου, Κύριε, πρὸς σὲ κατέφυγον· δίδαξόν με τοῦ ποιεῖν τὸ θέλημά σου, ὅτι σὺ εἶ ὁ Θεός μου. Τὸ πνεῦμά σου τὸ ἀγαθὸν ὁδηγήσει μὲ ἐν γῇ εὐθείᾳ· ἕνεκεν τοῦ ὀνόματός σου, Κύριε, ζήσεις με. Ἐν τῇ δικαιοσύνῃ σου ἐξάξεις ἐκ θλίψεως τὴν ψυχήν μου, καὶ ἐν τῷ ἐλέει σου ἐξολοθρεύσεις τοὺς ἐχθρούς μου. Καὶ ἀπολεῖς πάντας τοὺς θλίβοντας τὴν ψυχήν μου, ὅτι ἐγώ δοῦλός σού εἰμι.

Selection from Small Compline Service

Psalm 142

Lord, hear my prayer: in your truth give ear to my supplication, and in Your righteousness hear me. Do not enter into judgement with Your servant: for in your sight no one living can be justified. For the enemy pursued my soul, humbled my life to the ground. They have made me dwell in darkness, like those forever dead. My spirit grew despondent within me and my heart within me was troubled. I remembered the days of old, I meditated on all Your works: I made the works of Your hands my meditation. I stretched out my hands towards You: my soul thirsted for You like a waterless land. Hear me swiftly, O Lord, my spirit has failed. Do not turn Your face from me, or I shall be like those who go down to the pit. Make me hear of Your mercy in the morning, for I have hoped in You. Make known to me the way in which I should walk, for to You I have lifted up my soul. Deliver me from my enemies, Lord: I have run to You for shelter. Teach me to do Your will, for you are my God. Your good Spirit will guide me in an upright land. For Your name's sake, O Lord, You will give me life. In your justice, You will bring my soul out of trouble, in your mercy slay my enemies, and destroy all those that afflict my soul, for I am Your servant.

ΠΡΟΣΕΥΧΕΣ
ΠΡΟ ΤΗΣ ΘΕΙΑΣ ΚΟΙΝΩΝΙΑΣ

Πιστεύω, Κύριε, καὶ ὁμολογῶ, ὅτι σὺ εἶ ἀληθῶς ὁ Χριστός, ὁ Υἱός τοῦ Θεοῦ τοῦ ζῶντος, ὁ ἐλθὼν εἰς τὸν κόσμον ἁμαρτωλοὺς σῶσαι, ὧν πρῶτος εἰμὶ ἐγώ. Ἔτι πιστεύω, ὅτι τοῦτο αὐτό ἐστι τὸ ἄχραντον Σῶμά σου καὶ τοῦτο αὐτό ἐστι τὸ τίμιον Αἷμά σου. Δέομαι οὖν σου· ἐλέησόν με καὶ συγχώρησόν μοι τὰ παραπτώματά μου, τὰ ἑκούσια καὶ τὰ ἀκούσια, τά ἐν λόγῳ, τά ἐν ἔργῳ, τά ἐν γνώσει καὶ ἀγνοίᾳ· καὶ ἀξίωσόν με ἀκατακρίτως μετασχεῖν τῶν ἀχράντων σου Μυστηρίων, εἰς ἄφεσιν ἁμαρτιῶν, καὶ εἰς ζωὴν αἰώνιον. Ἀμήν.

Ἐν ταῖς λαμπρότησι τῶν Ἁγίων σου, πῶς εἰσελεύσομαι ὁ ἀνάξιος; Ἐὰν γὰρ τολμήσω συνεισελθεῖν εἰς τὸν νυμφῶνα, ὁ χιτὼν με ἐλέγχει, ὅτι οὐκ ἔστι τοῦ γάμου, καὶ δέσμιος ἐκβαλοῦμαι ὑπό των Ἀγγέλων. Καθάρισον, Κύριε, τὸν ῥύπον τῆς ψυχῆς μου, καὶ σῶσόν με, ὡς φιλάνθρωπος.

Δέσποτα φιλάνθρωπε, Κύριε Ἰησοῦ Χριστέ, ὁ Θεός μου, μὴ εἰς κρῖμά μου γένοιτο τά Ἅγια ταῦτα, διὰ τὸ ἀνάξιον εἶναί με, ἀλλ' εἰς κάθαρσιν καὶ ἁγιασμὸν ψυχῆς τε καὶ σώματος, καὶ εἰς ἀρραβῶνα τῆς μελλούσης ζωῆς καὶ βασιλείας. Ἐμοὶ δὲ τὸ προσκολλᾶσθαι τῷ Θεῷ ἀγαθὸν ἐστι· τίθεσθαι ἐν τῷ Κυρίῳ τὴν ἐλπίδα της σωτηρίας μου.

Τοῦ Δείπνου σου τοῦ μυστικοῦ, σήμερον, Υἱὲ Θεοῦ, κοινωνὸν με παράλαβε· οὐ μὴ

PRAYERS BEFORE HOLY COMMUNION

I believe and confess, Lord, that You are truly the Christ, the Son of the living God, who came into the world to save sinners, of whom I am the first. I also believe that this is truly Your pure Body and that this is truly Your precious Blood. Therefore, I pray to You, have mercy upon me, and forgive my transgressions, voluntary and involuntary, in word and deed, known and unknown. And make me worthy without condemnation to partake of Your pure Mysteries for the forgiveness of sins and for life eternal. Amen.

How shall I, who am unworthy, enter into the splendor of Your saints? If I dare to enter into the bridal chamber, my clothing will accuse me, since it is not a wedding garment; and being bound up, I shall be cast out by the angels. In Your love, Lord, cleanse my soul and save me.

Loving Master, Lord Jesus Christ, my God, let not these holy Gifts be to my condemnation because of my unworthiness, but for the cleansing and sanctification of soul and body and the pledge of the future life and kingdom. It is good for me to cling to God and to place in Him the hope of my salvation.

Receive me today, Son of God, as a partaker of Your mystical Supper. I will not reveal Your

γὰρ τοῖς ἐχθροῖς σου τὸ Μυστήριον εἴπω· οὐ φίλημά σοι δώσω, καθάπερ ὁ Ἰούδας· ἀλλ' ὡς ὁ ληστὴς ὁμολογῶ σοι· **Μνήσθητί μου, Κύριε, ἐν τῇ βασιλείᾳ σου.**

ΕΥΧΑΡΙΣΤΙΑ ΜΕΤΑ ΤΗΝ ΘΕΙΑ ΚΟΙΝΩΝΙΑ

Εὐχαριστοῦμέν σοι, Δέσποτα φιλάνθρωπε, εὐεργέτα τῶν ψυχῶν ἡμῶν, ὅτι καὶ τῇ παρούσῃ ἡμέρᾳ κατηξίωσας ἡμᾶς τῶν ἐπουρανίων σου καὶ ἀθανάτων μυστηρίων. Ὀρθοτόμησον ἡμῶν τὴν ὁδόν· στήριξον ἡμᾶς ἐν τῷ φόβῳ σου τούς πάντας· φρούρησον ἡμῶν τὴν ζωήν· ἀσφάλισαι ἡμῶν τὰ διαβήματα, εὐχαῖς καὶ ἱκεσίαις τῆς ἐνδόξου Θεοτόκου καὶ ἀειπαρθένου Μαρίας καὶ πάντων τῶν ἁγίων σου. Ἀμήν.

Ὅτι σύ εἶ ὁ ἁγιασμός ἡμῶν καί σοί τήν δόξαν ἀναπέμπομεν, τῷ Πατρί καί τῷ Υἱῷ καί τῷ Ἁγίῳ Πνεύματι, νῦν καί ἀεί καί εἰς τούς αἰῶνας τῶν αἰώνων. Ἀμήν.

ΠΡΟΣΕΥΧΕΣ ΜΕΓ. ΤΕΣΣΑΡΑΚΟΣΤΗΣ

Ἦχος πλ.α´

Θεοτόκε Παρθένε, χαῖρε, κεχαριτωμένη Μαρία, ὁ Κύριος μετὰ σοῦ· εὐλογημένη σὺ ἐν γυναιξί, καὶ εὐλογημένος ὁ καρπὸς τῆς κοιλίας σου, ὅτι Σωτῆρα ἔτεκες τῶν ψυχῶν ἡμῶν.

Βαπτιστὰ τοῦ Χριστοῦ, πάντων ἡμῶν μνήσθητι, ἵνα ῥυσθῶμεν τῶν ἀνομιῶν ἡμῶν· σοὶ γὰρ ἐδόθη χάρις, πρεσβεύειν ὑπὲρ ἡμῶν.

Δόξα Πατρί καί Υἱῶ καί Ἁγίω Πνεύματι.

mystery to Your adversaries. Nor will I give You a kiss as did Judas. But as the thief I confess to You: **Lord, remember me in Your kingdom.**

Thanksgiving after Holy Communion

We thank You, loving Master, benefactor of our souls, that on this day You have made us worthy once again of Your heavenly and immortal Mysteries. Direct our ways in the right path, establish us firmly in Your fear, guard our lives, and make our endeavors safe, through the prayers and supplications of the glorious Mother of God and ever Virgin Mary and of all Your saints.

For You are our sanctification and to You we give glory, to the Father and the Son and the Holy Spirit, now and forever and to the ages of ages. Amen.

Prayers of Great Lent

Tone Six.

Virgin Mother of God, hail Mary full of grace, the Lord is with you. Blessed are you among women, and blessed is the fruit of your womb, for you have given birth to the Saviour of our souls.

Baptist of Christ, remember us all, that we may be delivered from our transgressions: for you have been given grace to intercede for us.

Glory to the Father, and the Son, and the Holy Spirit.

Ἱκετεύσατε ὑπὲρ ἡμῶν, ἅγιοι Ἀπόστολοι, καὶ ἅγιοι Πάντες, ἵνα ῥυσθῶμεν κινδύνων καὶ θλίψεων· ὑμᾶς γὰρ θερμοὺς προστάτας, πρὸς τὸν Σωτῆρα κεκτήμεθα

Καὶ νῦν καί ἀεί καί εἰς τούς αἰῶνας τῶν αἰώνων. Ἀμήν.

Ὑπὸ τὴν σὴν εὐσπλαγχνίαν, καταφεύγομεν, Θεοτόκε· τὰς ἡμῶν ἱκεσίας, μὴ παρίδῃς ἐν περιστάσει· ἀλλ' ἐκ κινδύνων λύτρωσαι ἡμᾶς, μόνη ἁγνή, μόνη εὐλογημένη.

ΑΠΟ ΤΟΝ ΟΡΘΡΟ

Στίχ. α΄. Ἐκ νυκτὸς ὀρθρίζει τὸ πνεῦμά μου πρὸς σέ, ὁ Θεός, διότι φῶς τὰ προστάγματά σου ἐπὶ τῆς γῆς.

Ἀλληλούϊα, Ἀλληλούϊα, Ἀλληλούϊα.

Στίχ. β΄. Δικαιοσύνην μάθετε, οἱ ἐνοικοῦντες ἐπὶ τῆς γῆς.

Ἀλληλούϊα, Ἀλληλούϊα, Ἀλληλούϊα.

Στίχ. γ΄. Ζῆλος λήψεται λαὸν ἀπαίδευτον, καὶ νῦν πῦρ τοὺς ὑπεναντίους ἔδεται.

Ἀλληλούϊα, Ἀλληλούϊα, Ἀλληλούϊα.

Στίχ. δ΄. Πρόσθες αὐτοῖς κακά, Κύριε, πρόσθες αὐτοῖς κακά, τοῖς ἐνδόξοις τῆς γῆς.

Ἀλληλούϊα, Ἀλληλούϊα, Ἀλληλούϊα.

Pray for us, holy Apostles and all you Saints, that we may be delivered from dangers and afflictions: for in you we have gained fervent advocates with the Saviour.

Both now and forever and to the ages of ages. Amen.

We take refuge beneath your compassion, Mother of God: do not despise our petitions in trouble: but rescue us from dangers, only pure, only blessed one.

Prayers during Matins

Verse 1: From nightfall my spirit is awake for you, O God, for your commands are light upon the earth.

Alleluia, Alleluia, Alleluia.

Verse 2: Learn justice, inhabitants of the earth.

Alleluia, Alleluia, Alleluia.

Verse 3: Jealousy will seize an untaught people, and now fire devours their adversaries.

Alleluia, Alleluia, Alleluia.

Verse 4: Bring evils upon them, O Lord, bring evils upon them, the glorious ones of the earth.

Alleluia, Alleluia, Alleluia.

ΠΡΟΣΕΥΧΕΣ
ΑΠΟ ΤΟ ΜΕΓΑΛΟ ΑΠΟΔΕΙΠΝΟ

Μεθ' ἡμῶν ὁ Θεός, γνῶτε ἔθνη καὶ ἡττᾶσθε.
Ὅτι μεθ' ἡμῶν ὁ Θεός.

Ἐπακούσατε ἕως ἐσχάτου τῆς γῆς.
Ὅτι μεθ' ἡμῶν ὁ Θεός.

Ἰσχυκότες ἡττᾶσθε.
Ὅτι μεθ' ἡμῶν ὁ Θεός.

Ἐὰν γὰρ πάλιν ἰσχύσητε, καὶ πάλιν ἡττηθήσεσθε.
Ὅτι μεθ' ἡμῶν ὁ Θεός.

Καὶ ἣν ἂν βουλὴν βουλεύσησθε, διασκεδάσει Κύριος.
Ὅτι μεθ' ἡμῶν ὁ Θεός.

Καὶ λόγον, ὃν ἐὰν λαλήσητε, οὐ μὴ ἐμμείνῃ ἐν ὑμῖν.
Ὅτι μεθ' ἡμῶν ὁ Θεός.

Τὸν δὲ φόβον ὑμῶν οὐ μὴ φοβηθῶμεν, οὐδ' οὐ μὴ ταραχθῶμεν.
Ὅτι μεθ' ἡμῶν ὁ Θεός.

Κύριον δὲ τὸν Θεὸν ἡμῶν, αὐτὸν ἁγιάσωμεν, καὶ αὐτὸς ἔσται ἡμῖν φόβος.
Ὅτι μεθ' ἡμῶν ὁ Θεός.

Καὶ ἐὰν ἐπ' αὐτῷ πεποιθὼς ὦ, ἔσται μοι εἰς ἁγιασμόν.
Ὅτι μεθ' ἡμῶν ὁ Θεός.

Καὶ πεποιθὼς ἔσομαι ἐπ' αὐτῷ, καὶ σωθήσομαι

PRAYERS DURING GREAT COMPLINE

God is with us, understand you nations, and submit.
For God is with us.

To the ends of the earth give ear.
For God is with us.

Submit, you mighty ones.
For God is with us.

If again you become strong, you will also submit again.
For God is with us.

And whatever you plan, the Lord will scatter it.
For God is with us.

And whatever word you speak, it will not remain among you.
For God is with us.

Fear of you we shall not fear, nor shall we be troubled.
For God is with us.

The Lord our God, let us sanctify him, and he will be our fear.
For God is with us.

And if I should trust in him, he will be sanctification for me.
For God is with us.

And I will trust in him, and I will be saved through

δι᾽ αὐτοῦ.
Ὅτι μεθ᾽ ἡμῶν ὁ Θεός.

Ἰδοὺ ἐγὼ καὶ τὰ παιδία, ἃ μοὶ ἔδωκεν ὁ Θεός,
Ὅτι μεθ᾽ ἡμῶν ὁ Θεός.

Ὁ λαὸς ὁ πορευόμενος ἐν σκότει, ἴδε φῶς μέγα.
Ὅτι μεθ᾽ ἡμῶν ὁ Θεός.

Οἱ κατοικοῦντες ἐν χώρᾳ, καὶ σκιᾶ θανάτου, φῶς λάμψει ἐφ᾽ ἡμᾶς.
Ὅτι μεθ᾽ ἡμῶν ὁ Θεός.

Ὅτι Παιδίον ἐγεννήθη ἡμῖν, Υἱός, καὶ ἐδόθη ἡμῖν.
Ὅτι μεθ᾽ ἡμῶν ὁ Θεός.

Οὗ ἡ ἀρχὴ ἐγενήθη ἐπὶ τοῦ ὤμου αὐτοῦ.
Ὅτι μεθ᾽ ἡμῶν ὁ Θεός.

Καὶ τῆς εἰρήνης αὐτοῦ οὐκ ἔστιν ὅριον.
Ὅτι μεθ᾽ ἡμῶν ὁ Θεός.

Καὶ καλεῖται τὸ ὄνομα αὐτοῦ, Μεγάλης Βουλῆς Ἄγγελος.
Ὅτι μεθ᾽ ἡμῶν ὁ Θεός.

Θαυμαστὸς σύμβουλος.
Ὅτι μεθ᾽ ἡμῶν ὁ Θεός.

Θεὸς ἰσχυρός, Ἐξουσιαστής, Ἄρχων εἰρήνης.
Ὅτι μεθ᾽ ἡμῶν ὁ Θεός.

Πατὴρ τοῦ μέλλοντος αἰῶνος.
Ὅτι μεθ᾽ ἡμῶν ὁ Θεός.

Δόξα Πατρί καί Υἱῶ καί Ἁγίω Πνεύματι.

him.
For God is with us.

Here am I and the children whom God has given me.
For God is with us.

The people who walked in darkness have seen a great light.
For God is with us.

We who dwell in the land and the shadow of death, a light will shine on us.
For God is with us.

For unto us a Child is born, unto us a Son is given.
For God is with us.

Whose government was upon his shoulder.
For God is with us.

And of his peace there is no bound.
For God is with us.

And his name shall be called, Angel of Great Counsel.
For God is with us.

Wonderful Counsellor.
For God s with us.

Mighty God, Ruler, Prince of peace.
For God is with us.

Father of the age to come.
For God is with us.

Glory to the Father, and the Son, and the Holy

Ὅτι μεθ' ἡμῶν ὁ Θεός.

Καὶ νῦν καί ἀεί καί εἰς τούς αἰῶνας τῶν αἰώνων. Ἀμήν.
Ὅτι μεθ' ἡμῶν ὁ Θεός.

Μεθ' ἡμῶν ὁ Θεός, γνῶτε ἔθνη καὶ ἡττᾶσθε· **ὅτι μεθ' ἡμῶν ὁ Θεός.**

* * * * *

Κύριε τῶν Δυνάμεων, μεθ' ἡμῶν γενοῦ· ἄλλον γὰρ ἐκτός σου βοηθόν, ἐν θλίψεσιν οὐκ ἔχομεν. Κύριε τῶν Δυνάμεων, ἐλέησον ἡμᾶς.

Στίχ. Αἰνεῖτε τὸν Θεὸν ἐν τοῖς Ἁγίοις αὐτοῦ· αἰνεῖτε αὐτὸν ἐν στερεώματι τῆς δυνάμεως αὐτοῦ.

Κύριε τῶν Δυνάμεων...

Στίχ. Αἰνεῖτε αὐτὸν ἐπὶ ταῖς δυναστείαις αὐτοῦ, αἰνεῖτε αὐτὸν κατὰ τὸ πλῆθος τῆς μεγαλωσύνης αὐτοῦ.

Κύριε τῶν Δυνάμεων...

Στίχ. Αἰνεῖτε αὐτὸν ἐν ἤχῳ σάλπιγγος, αἰνεῖτε αὐτὸν ἐν ψαλτηρίῳ καὶ κιθάρᾳ.

Κύριε τῶν Δυνάμεων...

Στίχ. Αἰνεῖτε αὐτὸν ἐν τυμπάνῳ καὶ χορῷ· αἰνεῖτε αὐτὸν ἐν χορδαῖς καὶ ὀργάνῳ.

Κύριε τῶν Δυνάμεων....

Spirit.
For God is with us.

Both now and forever, and to the ages of ages. Amen. **For God is with us.**

God is with us, understand you nations, and submit: **For God is with us.**

* * * * *

Lord of the Powers, be with us; for in times of distress, we have no other hope but You. Lord of the Powers, have mercy on us.

Verse: Praise God in His saints, praise Him in the firmament of His power.

Lord of the Powers...

Verse: Praise Him for His mighty acts, praise Him according to the multitude of His greatness.

Lord of the Powers...

Verse: Praise Him with the sound of trumpet, praise Him with the psaltery and harp.

Lord of the Powers...

Verse: Praise Him with timbrel and dance, praise Him with strings and flute.

Lord of the Powers....

Στίχ. Αἰνεῖτε αὐτὸν ἐν κυμβάλοις εὐήχοις· αἰνεῖτε αὐτὸν ἐν κυμβάλοις ἀλαλαγμοῦ. Πᾶσα πνοὴ αἰνεσάτω τὸν Κύριον.

Κύριε τῶν Δυνάμεων....

Αἰνεῖτε τὸν Θεὸν ἐν τοῖς Ἁγίοις αὐτοῦ.

Αἰνεῖτε αὐτὸν ἐν στερεώματι τῆς δυνάμεως αὐτοῦ.

Κύριε τῶν Δυνάμεων....

ΕΥΧΗ ΟΡΘΡΟΥ ΚΑΙ ΕΣΠΕΡΙΝΟΥ

Ἐπουράνιε Βασιλεῦ, τοὺς πιστοὺς βασιλεῖς ἡμῶν στερέωσον· τὴν Πίστιν στήριξον· τὰ Ἔθνη πράϋνον· τὸν κόσμον εἰρήνευσον· τὴν ἁγίαν Ἐκκλησίαν καί τήν πόλιν ταύτην καλῶς διαφύλαξον· τοὺς προαπελθόντας πατέρας καὶ ἀδελφοὺς ἡμῶν ἐν σκηναῖς Δικαίων τάξον, καὶ ἡμᾶς ἐν μετανοίᾳ καὶ ἐξομολογήσει παράλαβε, ὡς ἀγαθὸς καὶ φιλάνθρωπος.

ΕΥΧΗ ΤΟΥ ΟΣΙΟΥ ΕΦΡΑΙΜ

Κύριε, καὶ Δέσποτα τῆς ζωῆς μου, πνεῦμα ἀργίας, περιεργίας, φιλαρχίας, καὶ ἀργολογίας μὴ μοι δῷς.

Πνεῦμα δὲ σωφροσύνης, ταπεινοφροσύνης, ὑπομονῆς καὶ ἀγάπης, χάρισαί μοι τῷ σῷ δούλῳ.

Ναί, Κύριε Βασιλεῦ, δώρησαί μοι τοῦ ὁρᾶν τὰ ἐμὰ πταίσματα, καὶ μὴ κατακρίνειν τὸν ἀδελφόν μου· ὅτι εὐλογητὸς εἶ, εἰς τοὺς αἰῶνας τῶν αἰώνων. Ἀμήν.

Verse: Praise Him with tuneful cymbals, praise Him with cymbals of jubilation. Let every breath praise the Lord.

Lord of the Powers....

Praise ye God in His saints.

Praise Him in the firmament of His power.

Lord of the Powers...

VESPERS AND MATINS PRAYER

Heavenly King, establish our rulers: strengthen the faith: calm the nations: make the world peaceful: guard well this holy church: assign our brothers and sisters who have gone before us to the tents of the righteous, and accept us in repentance and confession, as you are good and love humankind.

THE PRAYER OF ST. EPHREM

Lord and Master of my life, do not give me a spirit of sloth, idle curiosity, love of power and useless chatter.

Rather accord to me, your servant, a spirit of sobriety, humility, patience and love.

Yes, Lord and King, grant me to see my own faults and not to condemn my brother; for you are blessed to the ages of ages. Amen.

ΥΜΝΟΙ ΠΕΝΤΗΚΟΣΤΑΡΙΟΥ

Χριστὸς ἀνέστη ἐκ νεκρῶν, θανάτῳ θάνατον πατήσας, καὶ τοῖς ἐν τοῖς μνήμασι, ζωὴν χαρισάμενος.

Ἀνάστασιν Χριστοῦ θεασάμενοι, προσκυνήσωμεν Ἅγιον, Κύριον, Ἰησοῦν τὸν μόνον ἀναμάρτητον. Τὸν Σταυρόν σου, Χριστέ, προσκυνοῦμεν, καὶ τὴν ἁγίαν σου Ἀνάστασιν ὑμνοῦμεν καὶ δοξάζομεν. Σὺ γὰρ εἶ Θεὸς ἡμῶν, ἐκτὸς σοῦ ἄλλον οὐκ οἴδαμεν, τὸ ὄνομά σου ὀνομάζομεν. Δεῦτε πάντες οἱ πιστοί, προσκυνήσωμεν τὴν τοῦ Χριστοῦ ἁγίαν Ἀνάστασιν· ἰδοὺ γὰρ ἦλθε διὰ τοῦ Σταυροῦ, χαρὰ ἐν ὅλῳ τῷ κόσμῳ. Διὰ παντὸς εὐλογοῦντες τὸν Κύριον, ὑμνοῦμεν τὴν Ἀνάστασιν αὐτοῦ. Σταυρὸν γὰρ ὑπομείνας δι᾽ ἡμᾶς, θανάτῳ θάνατον ὤλεσεν.

Εἰ καὶ ἐν τάφῳ κατῆλθες ἀθάνατε, ἀλλὰ τοῦ ᾅδου καθεῖλες τὴν δύναμιν· καὶ ἀνέστης ὡς νικητής, Χριστὲ ὁ Θεός, γυναιξὶ Μυροφόροις φθεγξάμενος, Χαίρετε· καὶ τοῖς σοῖς Ἀποστόλοις εἰρήνην δωρούμενος, ὁ τοῖς πεσοῦσι παρέχων ἀνάστασιν.

Σαρκὶ ὑπνώσας ὡς θνητός, ὁ Βασιλεὺς καὶ Κύριος, τριήμερος ἐξανέστης, Ἀδὰμ ἐγείρας ἐκ φθορᾶς, καὶ καταργήσας θάνατον· Πάσχα τῆς ἀφθαρσίας, τοῦ κόσμου σωτήριον.

HYMNS OF THE PENTICOSTARION

Christ is risen from the dead, trampling down death by His death, and bestowing life to those in the tombs.

Having beheld the resurrection of Christ, let us worship the holy Lord Jesus, the only Sinless One. We venerate your cross, O Christ, and we praise and glorify your holy resurrection. You are our God. We know no other than you, and we call upon your name. Come, all you faithful, let us venerate the holy resurrection of Christ. For behold, through the cross joy has come to all the world. Ever praising the Lord, let us praise his resurrection. For enduring the cross for us, He has destroyed death by death.

Though you descended into the tomb, O Immortal, yet You destroyed the power of Hades; and You arose as victor, O Christ God, calling to the Myrrh-bearing women: "Rejoice!" and giving peace to your Apostles, O You who grant resurrection to the fallen.

When You had fallen asleep in the flesh as one mortal, O King and Lord, You arose again on the third day, raising up Adam from corruption and abolishing death. A Pascha of incorruption, salvation of the world.

Ἀναστάσεως ἡμέρα, καὶ λαμπρυνθῶμεν τῇ πανηγύρει, καὶ ἀλλήλους περιπτυξώμεθα. Εἴπωμεν ἀδελφοί, καὶ τοῖς μισοῦσιν ἡμᾶς· συγχωρήσωμεν πάντα τῇ Ἀναστάσει καὶ οὕτω βοήσωμεν· **Χριστὸς ἀνέστη ἐκ νεκρῶν, θανάτῳ θάνατον πατήσας καὶ τοῖς ἐν τοῖς μνήμασι, ζωὴν χαρισάμενος.**

Προλαβοῦσαι τὸν ὄρθρον αἱ περὶ Μαριάμ, καὶ εὑροῦσαι τὸν λίθον ἀποκυλισθέντα τοῦ μνήματος, ἤκουον ἐκ τοῦ Ἀγγέλου· Τὸν ἐν φωτὶ ἀϊδίῳ ὑπάρχοντα, μετὰ νεκρῶν τὶ ζητεῖτε ὡς ἄνθρωπον; βλέπετε τὰ ἐντάφια σπάργανα· δράμετε καὶ τῷ κόσμῳ κηρύξατε, ὡς ἠγέρθη ὁ Κύριος θανατώσας τὸν θάνατον· ὅτι ὑπάρχει Θεοῦ Υἱός, τοῦ σῴζοντος τὸ γένος τῶν ἀνθρώπων.

Ἀναστὰς ὁ Ἰησοῦς ἀπὸ τοῦ τάφου καθὼς προεῖπεν, ἔδωκεν ἡμῖν τὴν αἰώνιον ζωὴν καὶ μέγα ἔλεος.

Οἱ παραπάνω προσευχές λέγονται ἀντί τῆς πρωϊνῆς καί τῆς βραδινῆς προσευχῆς ἀπό τήν ἡμέρα τοῦ Πάσχα μέχρι καί τήν προπαραμονή τῆς ἑορτῆς τῆς Ἀναλήψεως.

ΑΝΑΛΗΨΗ

Ἀνελήφθης ἐν δόξῃ, Χριστὲ ὁ Θεὸς ἡμῶν, χαροποιήσας τοὺς Μαθητάς, τῇ ἐπαγγελίᾳ τοῦ ἁγίου Πνεύματος· βεβαιωθέντων αὐτῶν διὰ τῆς εὐλογίας, ὅτι σὺ εἶ ὁ Υἱός τοῦ Θεοῦ, ὁ λυτρωτὴς τοῦ κόσμου.

It's the day of Resurrection; let us be radiant for the festival, and let us embrace one another. Let us say, brethren, even to those that hate us, 'Let us forgive all things on the Resurrection', and so let us cry, **'Christ is risen from the dead, trampling down death by his death, and bestowing life to those in the tombs'.**

When they who were with Mary came, anticipating the dawn, and found the stone rolled away from the sepulchre, they heard from the Angel: "Why do you seek among the dead, as though he were mortal man, Him who abides for in everlasting light? Behold the grave clothes. Go quickly and proclaim to the world that the Lord is risen, and has put death to death; for he is the Son of God, who saves the human race."

Jesus, having risen from the tomb as he foretold, has given us eternal life and his great mercy.

The above prayers are said instead of the morning and evening prayers from the day of Easter until the day before the feast of the Ascension.

Ascension

You were taken up in glory, Christ our God, having made the Disciples joyful with the promise of the Holy Spirit; through the blessing they were assured that you are the Son of God, the Redeemer of the world.

ΠΕΝΤΗΚΟΣΤΗ

Εὐλογητὸς εἶ, Χριστὲ ὁ Θεὸς ἡμῶν, ὁ πανσόφους τοὺς ἁλιεῖς ἀναδείξας, καταπέμψας αὐτοῖς τὸ Πνεῦμα τὸ ἅγιον, καὶ δι᾽ αὐτῶν τὴν οἰκουμένην σαγηνεύσας, Φιλάνθρωπε, δόξα σοι.

Πάντα χορηγεῖ τὸ Πνεῦμα τὸ ἅγιον, βρύει προφητείας, ἱερέας τελειοῖ, ἀγραμμάτους σοφίαν ἐδίδαξεν, ἁλιεῖς θεολόγους ἀνέδειξεν, ὅλον συγκροτεῖ τὸν θεσμὸν τῆς Ἐκκλησίας· Ὁμοούσιε καὶ Ὁμόθρονε, τῷ Πατρὶ καὶ τῷ Υἱῷ, Παράκλητε, δόξα σοι.

Ὅτε καταβὰς τὰς γλώσσας συνέχεε, διεμέριζεν ἔθνη ὁ Ὕψιστος· ὅτε τοῦ πυρὸς τὰς γλώσσας διένειμεν, εἰς ἑνότητα πάντας ἐκάλεσε· καὶ συμφώνως δοξάζομεν τὸ πανάγιον Πνεῦμα.

ΤΩΝ ΑΓΙΩΝ ΠΑΝΤΩΝ

Τῶν ἐν ὅλῳ τῷ κόσμῳ Μαρτύρων σου, ὡς πορφύραν καὶ βύσσον τὰ αἵματα, ἡ Ἐκκλησία σου στολισαμένη, δι᾽ αὐτῶν βοᾷ σοι, Χριστὲ ὁ Θεός· τῷ λαῷ σου τοὺς οἰκτιρμούς σου κατάπεμψον, εἰρήνην τῇ πολιτείᾳ σου δώρησαι, καὶ ταῖς ψυχαῖς ἡμῶν τὸ μέγα ἔλεος.

ΥΜΝΟΙ ΛΕΙΤΟΥΡΓΙΚΟΙ

Σιγησάτω πᾶσα σάρξ βροτεία, καὶ στήτω μετὰ φόβου καὶ τρόμου, καὶ μηδὲν γήϊνον ἐν ἑαυτῇ λογιζέσθω· ὁ γὰρ Βασιλεὺς τῶν βασιλευόντων, καὶ Κύριος τῶν κυριευόντων, προσέρχεται

Pentecost

Blessed are You, Christ our God, who revealed the fishermen to be most wise by sending down to them the Holy Spirit, and so through them catching the whole world in a net: Lover of mankind, glory to you!

The Holy Spirit gives all things: makes prophecies flow, perfects priests, taught the unlettered wisdom, revealed fishermen to be theologians, welds together the whole institution of the Church. Advocate, consubstantial and equal in majesty with the Father and the Son, glory to you.

When the Most High came down and confused the tongues, he parted the nations; when he divided out the tongues of fire, he called all to unity, and with one voice we glorify the All-holy Spirit.

All Saints Day

Clothed as in purple and fine linen with the blood of your Martyrs throughout the world, your Church cries out to you through them, Christ God: Send down your pity on Your people; give peace to Your commonwealth, and to our souls Your great mercy.

Liturgical Hymns

Let all mortal flesh keep silent, and with fear and trembling stand. Ponder nothing earthly-minded, for the King of kings and Lord of lords advances to be slain and given as food to the

σφαγιασθῆναι καὶ δοθῆναι εἰς βρῶσιν τοῖς πιστοῖς· προηγοῦνται δὲ τούτου, οἱ χοροὶ τῶν Ἀγγέλων, μετὰ πάσης ἀρχῆς καὶ ἐξουσίας, τὰ πολυόμματα Χερουβείμ, καὶ τὰ ἑξαπτέρυγα Σεραφείμ, τὰς ὄψεις καλύπτοντα, καὶ βοῶντα τὸν ὕμνον· Ἀλληλούϊα, Ἀλληλούϊα, Ἀλληλούϊα.

Μεγαλύνατε τὸν Κύριον σὺν ἐμοί, καὶ ὑψώσωμεν τὸ ὄνομα αὐτοῦ ἐπὶ τὸ αὐτό.

Ἐλέησον ἡμᾶς, Κύριε ὁ Θεός, ὁ Πατὴρ, ὁ παντοκράτωρ.



faithful. Before him go the choirs of Angels, with every rule and authority, the many-eyed Cherubim and the six-winged Seraphim, veiling their sight and crying out the hymn: Alleluia, Alleluia, Alleluia.

Magnify the Lord with me, and let us praise his name together.

Have mercy on us, Lord God, the Father, the Almighty.







ΜΑΚΑΡΙΣΜΟΙ

Μακάριοι οἱ Πτωχοὶ τῷ πνεύματι, ὅτι αὐτῶν, ἐστιν ἡ βασιλεία τῶν οὐρανῶν.

Μακάριοι οἱ πενθοῦντες, ὅτι αὐτοὶ παρακληθήσονται.

Μακάριοι οἱ πραεῖς, ὅτι αὐτοὶ κληρονομήσουσι τὴν γῆν.

Μακάριοι οἱ πεινῶντες καὶ διψῶντες τὴν δικαιοσύνην, ὅτι αὐτοὶ χορτασθήσονται.

Μακάριοι οἱ ἐλεήμονες, ὅτι αὐτοὶ ἐλεηθήσονται.

Μακάριοι οἱ καθαροὶ τῇ καρδίᾳ, ὅτι αὐτοὶ τὸν Θεὸν ὄψονται.

Μακάριοι οἱ εἰρηνοποιοί, ὅτι αὐτοὶ υἱοὶ Θεοῦ κληθήσονται.

Μακάριοι οἱ δεδιωγμένοι ἕνεκεν δικαιοσύνης, ὅτι αὐτῶν ἐστιν ἡ βασιλεία τῶν οὐρανῶν.

Μακάριοί ἐστε, ὅταν ὀνειδίσωσιν ὑμᾶς, καὶ διώξωσι, καὶ εἴπωσι πᾶν πονηρὸν ῥῆμα καθ' ὑμῶν, ψευδόμενοι ἕνεκεν ἐμοῦ.

* * * * * * * *



THE BEATITUDES

Blessed are the poor in spirit: for theirs is the kingdom of heaven.

Blessed are they that mourn: for they shall be comforted.

Blessed are the meek: for they shall inherit the earth.

Blessed are they who hunger and thirst after righteousness: for they shall be filled.

Blessed are the merciful: for they shall obtain mercy.

Blessed are the pure in heart: for they shall see God.

Blessed are the peacemakers: for they shall be called the children of God.

Blessed are they which are persecuted for righteousness' sake: for theirs is the kingdom of heaven.

Blessed are you, when men shall revile you, and persecute you, and shall say all manner of evil against you falsely, for my sake.

* * * * * * * *

Χαίρετε καὶ ἀγαλλιᾶσθε, ὅτι ὁ μισθὸς ὑμῶν πολὺς ἐν τοῖς οὐρανοῖς.

Ἄνες, ἄφες, συγχώρησον, ὁ Θεός, τά παραπτώματα ἡμῶν, τά ἑκούσια καί τά ἀκούσια, τά ἐν ἔργω καί λόγω, τά ἐν γνώσει καί ἀγνοίᾳ, τά ἐν νυκτί καί ἡμέρᾳ, τά κατά νοῦν καί διάνοιαν· τά πάντα ἡμῖν συγχώρησον, ὡς ἀγαθός καί φιλάνθρωπος.

ΤΕΛΟΣ. ΚΑΙ ΔΌΞΑ ΤΩ ΘΕΩ
ΠΑΝΤΩΝ ΕΝΕΚΕΝ



Rejoice, and be exceedingly glad: for great is your reward in heaven.

Forgive, remit, pardon, O God, our sins, both voluntary and involuntary, in deed and in word, in knowledge or in ignorance, committed during the night or during the day, in mind and in thought. Forgive us them all, for You are good and love humankind.

THE END AND GLORY TO GOD
FOR ALL THINGS